



**KUVAR REZIDENCIJE
ARGENTINE U BEOGRADU**
Cookbook of the Argentine Residence in Belgrade

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*Cookbook of the Argentine
Residence in Belgrade*

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u saradnji sa Estanislao A. Savelsom

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PREDGOVOR

Kulinarstvo je jedno od najvažnijih i najreprezentativnijih kulturnih dobara jedne zemlje. Iz tog razloga predstavlja odličan instrument javne diplomacije kojim se ta zemlja promoviše, posebno ukoliko je reč o državi poput Argentine čijoj su gastronomskoj kulturi doprinele duge tradicije Amerike, Evrope i ostatka sveta.

Na ogromnoj i raznovrsnoj teritoriji koja se proteže od Južnog povratnika do Antarktičkog polarnog kruga, uspevaju razne kulture i gaje se mnoge životinje, a tamošnje goveđe i ovčje meso cenjeno je u celom svetu. Isto kao i žitarice, uljarice, mlečni proizvodi, voće, povrće, med, morski i rečni plodovi. Veruje se da danas poljoprivredna proizvodnja i stočarstvo Argentine može da obezbedi hranu za više od 400 miliona ljudi.

Knjiga recepata Ambasade Republike Argentine u Beogradu ne prikazuje samo jednu kulturu. Cilj kuvara je da otkrije i stvori spoj dve kulinarske tradicije koje su kompleksne, dopunjavaju jedna drugu, i imaju mnogo zajedničkih tačaka. Upravo takve su tradicije Srbije i Argentine.

Gastronomска традиција Argentine, поред своје кухине и велике разноврсности производа који потичу из овог региона Јужне Америке, била је и под великим утицајем главних миграционих кретања. С миграцијама су у Rio de la Plata стизали рецепти и производи још од времена шпанских освајања, а много интензивније од XIX века. П्रвенствено мислим на шпанске, италијанске и медитеранске утицаје, али, између осталих, и на енглеске, француске, јеврејске и арапске.

Od mnogobrojnih argentinskih proizvoda, dva se ističu по tome што су међunarodno приznati по квалитету – говеде месо британских раса које се гаје природно, на паšnjацима, и вина malbek (Malbec) и torontes (Torrontés) са svoјим različitim i raznorodnim karakteristikama teroara. Prikladno је подсетити да су месо и вино такође основне намирnice и у Србији.

Autor ove knjige, kuvar Marko Mrvić, saradnik u ovoj ambasadi, pravi je kulinarski umetnik, као што ћете моći да видите кроз ове странице.

Ambasador Argentine
Beograd, Decembra 2020.

PREFACE

Cuisine is one of the most important and representative cultural features of a country and, consequently, an excellent instrument of public diplomacy to promote a nation image. Even more, when it comes to Argentina, which has a long American, European and Worldwide tradition which has contributed to its gastronomic culture.

With an immense and diverse territory that goes from the Tropic of Capricorn to the Antarctic Circle, there are all kinds of crops and husbandry, being bovine and ovine meat world renowned. But also: cereals, oilseeds, dairy products, fruits, vegetables, honey and sea and river fishing. It is said that Argentina's agricultural and livestock production today can feed more than 400 million people.

The cookbook of the Argentine Embassy in Belgrade goes beyond the intention of representing only its culture. Hence, it seeks to reveal and recreate a fusion between two complex and complementary culinary traditions, such of those of Serbia and Argentina, which shares many points in common.

The Argentine gastronomic tradition, in addition to the cuisine and the great variety of products originating from that region of South America, was greatly influenced by the main immigration currents that arrived with their recipes and products since the Spanish Conquest, with much greater force since the 19th Century. I am referring to the Spanish, the Italian and the Mediterranean in general, but also the English, the French, the Jewish and the Arabic, amongst others.

Of the great variety of products from the Argentine countryside, two are distinguished by being internationally recognized for their high quality, the beef of British breeds raised freely in the countryside and the Malbec and Torrontés wine from their different and diverse terroirs. But is good to remember also here that meat and wine are important for Serbs.

The author of this book, Chef Marko Mrvic, collaborator at this Embassy, is a true culinary artist, as you will be able to see through these pages.

The Argentine Ambassador
Belgrade, December 2020



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1. DORUČAK

Breakfast

Moglo bi se reći da argentinski doručak čine kafa s mlekom i tri kroasana, s mašću ili maslacem. To je klasični doručak koji se služi u svakom baru. Doručak može da bude i tost s maslacem i mlečnim karamelom (dulce de leche) ili različitim marmeladama. U nekim zemljama to se naziva kontinentalnim doručkom, za razliku od slanih i toplih jela, poput omleta od jaja ili omleta Gramaho, koji smo takođe uključili u knjigu recepata. Za Božić i Novu godinu uobičajeno je da se jede božićni slatki hleb, italijanskog ili nemačkog tipa.

The Argentine breakfast consists basically of coffee with milk and three media lunas or croissants, made of butter or lard. This is the classic, usually ordered and served in any bar. However, breakfast can also consist of toasted bread with butter and dulce de leche or various jams. In other places it is called a continental breakfast as opposed to salty and hot food, such as scrambled eggs or the scrambled egg gramajo, which we present here. For Christmas and New Year's Eve, it is common to serve sweet bread, either Italian or German style.



1. Kolač od limuna / Lemon Pudding

Kolač od limuna u Argentini se tradicionalno jede u vreme čaja. Osim što smo veliki proizvođač kvalitetnih čajeva, u Argentini smo usvojili i običaj pijenja čaja od britanskih imigranata koji su stigli u XIX veku. Najveća razlika je u tome što se čaj pije u 17h, a ne u 16h kao u Evropi. Argentina je, isto tako, najveći izvoznik limuna na svetu, posebno limuna iz provincije Tukuman, poznatije kao Vrt republike.

Lemon pudding is more traditional in Argentina for tea time. Besides being a great producer of quality tea, in Argentina we have incorporated the custom of tea from British immigrants who arrived in the 19th Century. The biggest difference is that it is taken at 5:00p.m., and not at 4:00p.m. as in Europe. Argentina is also the world's leading exporter of lemons, mainly from the producing province of Tucumán, known as The Garden of the Republic.

Sastojci / Ingredients:

- 200 g maslaca / 200 gr. of butter
- 200 g šećera / 200 gr. of sugar
- rendana kora 3 limuna / 3 lemons zest
- sok 1,5 limuna / Juice of 1.5 lemons
- 3 jajeta sobne temperature / 3 eggs at room temperature
- 220 g mekog brašna tip 400 / 220 gr. of flour type 400 soft
- 1 kašičica praška za pecivo / 1 teaspoon of baking powder
- 1 kašičica ekstrakta vanile / 1 teaspoon of vanilla extract
- 50 g punomasnog jogurta / 50 gr. of whole yogurt
- 50 g meda i jedna supena kašika soka od limuna / 50 gr. of honey and a tablespoon of lemon juice

Priprema / Recipe:

1. Staviti u činiju maslac sobne temperature, šećer i rendanu koru limuna. Umutiti električnim mikserom dok se masa ne sjedini i ne postane vazdušasta.

Place inside a bowl butter (at room temperature), sugar and lemon

zest. Mix it with an electric mixer until the dough turns pale and airy.

2. Dodati u tu smešu jaja, muteći jedno po jedno.

Add the eggs to the dough, mixing one at a time.

3. Dodati brašno, prašak za pecivo, jogurt, sok od limuna i ekstrakt vanile, i dobro umešati lopaticom.

Add flour, baking powder, yogurt, lemon juice and vanilla essence and mix well with a spatula.

4. Zagrejati rernu na 170 stepeni. / Preheat the oven to 170° C.

5. Sipati masu u kalup koji je prethodno namaščen maslacom i prekriven papirom za pečenje. Stavi se u rernu na 40 do 50 minuta i vadi se kad kolač požuti i kad je pečen. Izvadi se iz rerne i ubode čačkalicom. Ukoliko je čačkalica suva, kolač je pečen.

Place the dough in a mold previously greased with butter and covered with baking paper. Place in the oven for 40 to 50 min and remove when the pudding is golden/brown and cooked. Once removed, puncture the upper part with a tooth pick.

6. U maloj činiji dobro se pomešaju med i sok od limuna i time se četkicom premaže kora kolača.

In a small bowl, mix the honey with the lemon juice and paint the top of the pudding with a brush.

2. Kroasani s maslacem / Medialunas de manteca (butter croissants)

Kroasani s maslacem ili mašču čine kolače za čije poreklo možemo da zahvalimo španskim i italijanskim pekarima anarchistima koji su došli u Argentinu krajem XIX veka. Jedan od načina da iskažu svoju ideologiju bio je da izvrgnu ruglu institucije poput crkve i vojske, i zato su pecivima davali nazine kao što su „bombe“, „stražari“, „uzdasi opatica“, „topovi“, itd.

U nekim slučajevima sadrže mlečni karamel („topovi“), ili poslastičarski krem, kitnikez ili šećer (mali crni kolačići – tortitas negras).

The butter or lard medialunas are part of a family of pastries that originate in the Spanish and Italian anarchist bakers who arrived in Argentina at the end of the 19th Century. One way to express their ideology was to make fun of institutions such as the Church and the Army, reason why they gave their pastries names in Spanish such as bombs, policemen, sighs of nuns, cannons, etc. Some pastries include dulce de leche, like the cannons, or pastry cream, quince jam or sugar, such as the tortitas negras (black pancakes).

Sastojci / Ingredients:

- 280 ml punomasnog mleka / 250 ml. of whole milk
- 100 g šećera / 100 gr. of sugar
- rendana kora pola narandže / Zest of $\frac{1}{2}$ an orange
- prstohvat soli / Pinch of salt
- 50 g meda / 50 gr. of honey
- 1 kašičica ekstrakta vanile / 1 teaspoon of vanilla essence
- 15 g suvog kvasca / 15 gr. of dry yeast
- $\frac{1}{2}$ kg brašna tip 400 / 500 gr. of flour type 400
- 75 g maslaca / 75 gr. of butter
- 200 g maslaca za premazivanje / 200 gr. of butter to paste
- 1 jaje za premazivanje kroasana / 1 egg (to brown the croissant)

Priprema / Recipe:

Prvi deo/ First stage:

1. U činiji pomešati mleko, šećer i suvi kvasac. Ostaviti da odstoji na sobnoj temperaturi (25 stepeni) dok se na površini mleka ne pojave mehurići, što će značiti da je kvasac fermentirao.

Mix in a bowl: Milk, sugar and dry yeast. Let it stand at room temperature ($25^{\circ} C$) until bubbles start to appear on the surface of the milk, when the yeast ferments.

2. U činiju sipati so, med, ekstrakt vanile, narendanu koru



narandže, 75 g maslaca (sobne temperature) i brašno. Dobro promešati, dok smeša ne bude ujednačena i glatka (za to je potrebno oko 10 minuta).

Put inside the bowl salt, honey, vanilla extract, orange zest, the 75 gr. of butter (at room temperature) and flour. Mix well, until it is compact and elastic (this process takes approximately 10 min).

3. Staviti testo na providnu foliju i prstima istanjiti do debljine 1,5 do 2 cm. Prekriti providnom folijom i staviti u frižider na sat vremena.

Place the dough on a plastic wrap and flatten it with your fingers until it is 1.5 to 2 cm thick, cover it with plastic wrap and put it in the refrigerator for 1 hour.

Drugi deo / Second stage:

1. Staviti 200 g maslaca (sobne temperature) u činiju i mešati varjačom dok ne postane mekan i gladak. Odložiti.

1. Put the 200 gr. of butter (at room temperature), in a bowl and mix with a spoon until the butter resembles a paste. Lay aside.

2. Izvaditi smešu iz frižidera. Ako je suviše čvrsta, ostaviti je 2 do 3 minuta da smekša. Posuti brašnom površinu na kojoj ćeće mesiti. Oklagijom formirati pravougaonik dimenzija 40 cm sa 30 cm i debljine 0,5 cm.

Take the dough out of the refrigerator, if it is a bit hard, leave it for 2 or 3 min to rest. Flour the surface where it will be kneaded. With a rolling pin, form a rectangle 40 cm by 30 cm and 0.5 cm high.

3. Podeliti testo u obliku pravougaonika na tri horizontalna dela. Na dva dela ravnomerno rasporediti maslac. Zatim treći deo staviti preko drugog, prvi deo preko drugog, i istisnuti vazduh.

Mark three horizontal sections of the dough in the rectangle. Distribute the butter evenly in two of those sections. Then flip the third section over the second section and flip the first section over the second, removing any air bubbles that might form.

4. Uzeti novoformirano testo i presaviti na tri nova dela. Uviti providnom folijom i ponovo staviti u frižider na 30 minuta.

Take the remaining section and fold it in three subsections. Cover with a plastic wrap and put it back in the refrigerator for 30 min.

Treći deo / Third stage:

1. Izvaditi smešu iz frižidera, staviti na radnu površinu i oklagijom ponovo napraviti pravougaonik dimenzija 40 sa 30. Iseći ivice da bi se dobio savršeni pravougaonik. Iseći pravougaonik po sredini, uzdužno, kako bi se dobila dva jednaka dela.

Take the dough out of the refrigerator, put it on the counter and with a rolling pin, make the 40 by 30 cm rectangle again. Then cut the edges to have a perfect rectangle. Cut the rectangle in the middle, vertically, to get two equal sections.

2. Preklopiti dva dela i ponovo staviti u frižider na 30 minuta. Izvaditi iz frižidera i oklagijom napraviti dugački pravougaonik dimenzija 70 sa 20 cm. Seći testo na trouglove osnove 8 cm dok se ne istroši sve testo.

Superimpose the two sections and put it back in the refrigerator for 30 min. Take it out of the fridge and with the rolling pin make a long rectangle measuring 70 by 20 cm. Cut the dough into triangles with an 8 cm base until finished.

3. Uvijati trouglove u formu kroasana i vrhove kroasana uviti ka unutra. Staviti kroasane u pleh prekriven papirom za pečenje, tako da ne budu suviše blizu jedan drugom. Prekriti pleh providnom folijom i ostaviti da odstoji (na sobnoj temperaturi) dok kroasani ne narastu i ne postanu duplo veći, otprilike 2 sata.

Roll up the triangles leaving its tip down. Put the croissants on a baking pan which was previously covered by baking paper, not too close to each other. Cover the pan with plastic wrap and let it rest (at room temperature) until the croissants double in size, approximately 2 hours.

4. Rernu zagrejati na 180 stepeni, kroasane prethodno namazati umućenim jajetom, i peći 12 do 15 minuta.

Preheat the oven to 180° C, previously paint the croissants with a beaten egg, and bake for 12 or 15 min.

5. Izvaditi iz rerne i ostaviti da se prohlade pre služenja. Take them out of the oven and let them cool before serving.

3. Jastučići od testa / Mendoza cakes

(Za šest osoba / For six people)

Sastojci / Ingredients:

- 450 g mekog brašna tip 400 / 450 gr. of flour type 400 soft
- 250 g maslaca / 250 gr. of butter
- 2 žumanceta / 2 egg yolks
- 220 ml mleka / 220 ml. of milk
- narendana kora pomorandže i jednog limuna / Orange and lemon zest
- 20 g šećera / 20 gr. of sugar
- 100 g šećera u prahu / 100 gr. of powdered sugar
- Prstohvat soli / Pinch of salt
- 450 g kitnikeza (sira od dunja) ili sira od batate (slatkog krompira) / 450 gr. of dulce de membrillo (quince jam)
- 1 litar suncokretovog ulja / 1 liter of sunflower oil

Priprema / Recipe:

1. Staviti brašno na radnu površinu i napraviti rupu u sredini.

Spread the flour on the counter and make a hole in the middle.

2. U sredinu staviti dva žumanceta, maslac sobne temperature, mleko, šećer, so i narendanu koru limuna i pomorandže, i mešati dok se ne dobije glatka masa.

Inside that hole put two egg yolks, butter (at room temperature), milk, sugar, salt and lemon and orange zest, then mix until forming a dough bun with a homogeneous structure.

3. Testo prekriveno providnom folijom ostaviti da odстоji u frižideru 1 sat.

Put the dough to rest in the refrigerator covered with a plastic wrap for 1 hour.

4. Iseći sir od dunje ili batate na kockice od 4 cm.

Cut the dulce de membrillo (or dulce de batata -sweet potato jam-) into 4 cm squares.



5. Oklagijom razvući testo na debljinu od 4 mm. Iseći na kvadrate stranice 10 cm.

With a rolling pin, spread the dough to a thickness of 4 mm. Cut into squares of 10 cm on each side.

6. Na sredinu kvadratića od testa staviti kockicu sira od dunja ili batate. Prstom malo pokvasiti testo oko sira od dunje/batata. Odozgo staviti drugi kvadrat testa tako da se kvadrati ukrste i formira mala zvezda. Istisnuti vazduh pre nego što pritisnete gornji i donji deo testa. Malo podići krajeve donjeg kvadrata od testa. Ostaviti u frižideru 50 minuta.

In the middle of the dough square, put the sweet square. Lightly moist the dough with your finger around the sweet. Cover with another square of dough forming a star. Remove the air before sealing. Lift the tips of the lower dough square, put in the refrigerator for 50 min.

7. Zagrejati ulje na 180 stepeni. Ispržiti pecivo s obe strane na ulju. Izvaditi, ocediti od ulja i staviti na upijajući papir.

Heat the oil to 180° C. Brown the cakes in the oil, one side and the other. Take out, drain the oil and put them on absorbent paper.

8. Posuti šećerom u prahu. / Sprinkle with powdered sugar.

4. Omlet Gramaho / Scrambled eggs gramajo

Omlet Gramaho pripisuje se kreativnosti gospodina istog imena, a postoje različite teorije o tome ko je on bio. Arturo Gramaho, raspušteni sin jednog upravitelja iz Buenos Ajresa, 1930-tih; njegov brat Orasio, ili Artemio Gramaho, pukovnik, iz 1880. godine, priatelj generala Hulija A. Roke, i stalni posetilac kluba El Progreso. Ako ostavimo po strani različite mogućnosti nastanka ovog jela, reč je o klasiku argentinske kuhinje.

The scrambled eggs Gramajo is attributed to the inventiveness of a man with the same name, but there are different theories about who he was: Arturo Gramajo, a playboy, son of a Buenos Aires mayor, in the 1930s; together with his brother Horacio or; Artemio Gramajo, a Colonel, in 1880,

friend of General Julio A Roca, and a regular at the typical Club El Progreso. Beyond this variety of origins, this is a classic of Argentine cuisine.

Sastojci / Ingredients:

- ½ kg krompira / 500 gr. of potatoes
- 4 jajeta / 4 eggs
- 1 glavica crnog luka / 1 onion
- 100 g kuvane šunke / 100 gr. of (cooked/boiled) ham
- 50 g maslaca / 50 gr. of butter
- So i biber / Salt and pepper
- sunčokretovo ulje / Sunflower oil

Priprema / Recipe:

1. Iseći krompir na tanke prutiće i staviti ga na 1 sat u hladnu vodu. Posle toga dobro ocediti.

Cut the potatoes into thin sticks and put them in cold water for 1 hour. Then dry very well.

2. Oljuštiti i sitno iseckati crni luk, iseći šunku na dugačke, nepravilne režnjeve.

Peel and chop the onion finely, chop the ham into large and irregular slices.

3. U činiji malo umutiti jaja i dodati režnjeve šunke, so i biber po ukusu. In a bowl, stir the eggs slightly and add the slices of ham, salt and pepper to taste.

4. U dubokom tiganju dobro zagrejati ulje i ubacivati krompir malo po malo da bi temperatura ostala ista. Izvaditi krompir i odložiti sa strane. In a deep frying pan, heat the oil well and place the potatoes little by little so as not to change the temperature. Remove the potatoes and put them aside.

5. U drugi tiganj staviti maslac da požuti, a onda ubaciti šunku, krompir i jaja dok ne bude prženo po ukusu, u tečnjem ili čvršćem obliku. Poslužiti.

In another pan, put the butter until golden brown and then add the ham, potatoes and eggs until they are cooked to a desired point, more or less juicy. Serve.

2. PREDJELA

Starters

U Argentini, kao i u većem delu Zapada, obrok, bilo da je ručak ili večera, sastoji se od tri dela: od predjela, glavnog jela i deserta. Predjelo u Argentini zavisi od godišnjeg doba – leti može da bude hladno, a zimi toplo. I tu je ponovo primetan evropski, mediteranski i američki uticaj, što se vidi po sastojcima.

In Argentina, as in much of the West, a meal, be it lunch or dinner consists of three steps: the starter, the main course and the dessert. The starters in the Argentine cuisine vary according to the season, they can be cold in summer and hot in winter. Here again the European, Mediterranean and American influence can be seen through some ingredients.

Ovde je možda prikladno podsetiti na doprinos američke flore. Navećemo tek nekoliko primera kako bismo ukazali na njenu važnost u svetskoj kuhinji: kukuruz, krompir, batata (slatki krompir), kakao, vanila, paprika, ananas, bundeva, sunčokret, paradajz, duvan, artičoka, avokado i kikiriki. A tu su i mango, quinoa, potocárka, mate, papaya, pasulj, gvajaba, marakuja, jagoda, mamon ili hispanski limun, manioka, palmino srce, čija, indijska maranta, jakon, itd.

Perhaps here it is convenient to recall the contribution to human food security of the American flora. Just a few examples to show the importance of this for universal cuisine: corn, potato, sweet potato, cocoa, vanilla, chili pepper, pineapple, pumpkin, sunflower, tomato, tobacco, artichoke, avocado and peanut. And also the mango, quinoa, watercress, mate, papaya, beans, guava, passion fruit, strawberry, cassava, palm hearts, beans, chia, achira, yacón, etc.



1. Koktel od škampa i avokada / Prawn and avocado cocktail

Koktel od škampa i avokada veoma je popularno jelo tokom leta na južnoj hemisferi. Delimično jer je Argentina važan proizvođač i izvoznik škampa, kojih ima u velikim količinama u toplijim i hladnim vodama od Brazila do Patagonije, ali i zbog obilja avokada. Avokado je veoma prisutan na severu Argentine, ali i u Buenos Ajresu, gde se po dvorištima mogu videti stabla avokada. Avokado je veoma tražen zbog svojih hraničivih svojstava i blagotvornog dejstva na ljudsko zdravlje.

The prawn and avocado cocktail is a very popular dish in the southern summer. Partly because Argentina is an important producer and exporter of prawns, which abound, both in the warm and cold waters from the Argentine Patagonia to Brazil, but also because of the abundance of avocados. It is very common throughout the North of Argentina but also in Buenos Aires where you can find avocado trees in the gardens of the houses. Avocado is highly sought after for its nutritional and beneficial characteristics for human health.

Sastojci / Ingredients:

- 3 zrele avokade srednje veličine / 3 medium and ripe avocados
- 300 g kuvenih krupnih škampa / 300 gr. of boiled prawns
- 150 g majoneza / 150 gr. of mayonnaise
- 70 g kečapa / 70 gr. of ketchup
- So i biber / Salt and pepper
- 1 kašičica vorčester sosa / 1 teaspoon of Worcester sauce
- 1 prstohvat belog luka / Pinch of garlic
- 1 kašičica maslinovog ulja / 1 teaspoon of olive oil
- ½ limuna / ½ lemon

Priprema / Recipe:

1. U tiganj sipati maslinovo ulje, ubaciti iseckani beli luk i škampe, pržiti minut, izvaditi i ostaviti da se ohladi.

In a frying pan, put olive oil and chopped garlic with the prawns and fry for 1 min, remove it and let it cool.

2. U činiju staviti avokado iseckan na kockice dimenzija 1 cm sa 1 cm, prelivem limunom, majonezom, kečapom, solju, biberom i vorčester sosom. Dodati škampe i pomešati.

In a bowl, mix the avocado which should be cut into 1 cm by 1 cm cubes sprinkled with lemon, mayonnaise, ketchup, salt, pepper and Worcester sauce. Add the prawns and mix.

3. Servirati u čaši.
Serve in a glass.

Preporučena vina: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

Recommended wines: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

2. Salata s lososom i majonezom / Salmon salad with mayonnaise

Argentina ima dugačku obalu na južnom Atlantiku, 4.930 km od provincije Buenos Ajres do Ognjene zemlje i ostrva u južnom Atlantiku. Zbog toga je ona važna ribarska zemlja, a kao proizvodi najznačajniji su: škampi, lignje, argentinski oslić, patagonijski zuban, grbe, pastrmke, uključujući i dužičastu pastrmku, potočni rakovi, i lososi, posebno po rekama i patagonijskim mrestilištima. Argentina je 2016. godine uspela da pred Komisijom UN-a za spoljne granice kontinentalne platforme proširi svoju morskiju platformu na 1.782.000 km², uz svojih 200 milja kontinentalne platforme.

Argentina has an important coastline on the South Atlantic, 4,930 km

from the Province of Buenos Aires to Tierra del Fuego and the South Atlantic Islands. This makes it an important fishing country, mainly for prawns, squid, hubbsi and black hake, sea bass, also salmonids, including rainbow, brown, brook and salmon trout, especially in Patagonian rivers and hatcheries. In 2016, Argentina managed to extend its maritime platform at the United Nations Commission on the Limits of the Continental Shelf, in 1,782,000 km² beyond 200 miles of its continental shelf.

Sastojci / Ingredients:

- 400 g krompira / 400 gr. of potato
- 200 g svežeg lososa / 200 gr. of fresh salmon
- 100 g majoneza / 100 gr. of mayonnaise
- 1 prstohvat belog luka / Pinch of garlic
- 1 kašićica maslinovog ulja / 1 teaspoon of olive oil
- 2 jajeta / 2 eggs
- 50 g praziluka / 50 gr. of leek
- 50 g špargli / 50 gr. of asparagus
- svež peršun / Fresh parsley
- So i biber / Salt and pepper

Priprema / Recipe:

1. U tiganju ispeči lososa. Kad je gotov, staviti prstohvat belog luka, zbog arome. Ostaviti da se ohladi.

Cook the salmon in a pan, put the pinch of garlic when cooked to perfume it. Let it cool afterwards.

2. Odvojeno skuvati krompir, jaja i šparglu u slanoj vodi, dok ne budu „al dente“. Ostaviti da se ohladi.

Separately, cook the potatoes and eggs. Then put the asparagus in salted water until they are al dente. Let them cool afterwards.

3. U činiji pomešati majonez, so, biber i sitno seckani peršun. Ubaciti krompir isečen na kockice od 1,5 cm, sitno seckan praziluk, šparglu isečenu po dijagonalni, iseckana jaja i losos isitrjen prstima. Dobro i pažljivo promešati, da se ne zgnječe krompir i jaja.

In a bowl, mix mayonnaise, salt, pepper and finely chopped parsley. Place the potatoes cut into 1.5 cm cubes, the finely chopped leek, the asparagus cut diagonally, the cut eggs and the slightly pulled salmon with your fingers. Mix well but gently so as not to break the potatoes and eggs.

4. Staviti u frižider na 30 minuta.

Put in the refrigerator 30 min.

5. Poslužiti.

Serve.

Preporučena vina: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

Recommended wines: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

3. Krem-supu od bundeve / Pumpkin soup

„Opet supa“ – ovo navodno pitanje podseća nas na divnu i oštromu Mafaldu, glavni lik genijalnog argentinskog crtača Kina. Tom rečenicom uspela je da iskaže koliko su neke stvari tokom detinjstva neizbežne kad god sazna da se ponovo jede supa. Mafalda sigurno ne bi rekla „opet supa“, da je probala ovu ukusnu tradicionalnu argentinsku krem-supu.

“Soup again”, this false question reminds us of the tender and very sharp Mafalda, the star character of the brilliant Argentine cartoonist Quino. With that phrase she was able to interpret this sense of childhood doom when she discovered that she would once again have soup. Surely she would not have said “soup again” if Mafalda had tried this delicious and traditional recipe from Argentina.

Sastojci / Ingredients:

- 800 g bundeve (muskatne) / 800 gr. of pumpkin (Muscat)
- 100 g crnog luka / 100 gr. of onions
- 1 čen belog luka / 1 clove garlic
- 50 g mladog luka / 50 gr. of green onion
- 10 g maslaca / 10 gr. of butter
- 1 kašika maslinovog ulja / 1 tablespoon of olive oil
- 1 kašika ulja od tikve / 1 tablespoon of pumpkin oil
- so i beli biber / Salt and white pepper
- timijan / Thyme
- 1 list lovora / 1 bay leaf
- ½ kašičice ljute paprike / ½ teaspoon of spicy pepper
- 1 litar povrtnog bujona / 1 liter of vegetable broth

Priprema / Recipe:

1. U loncu zagrejati maslac i maslinovo ulje, paziti da ne zagore. Dodati sitno iseckan crni luk, lovor, timijan, so, ljutu papriku i beli biber. Pržiti dok luk ne postane staklast i paziti da ne izgori ili se karameliše.

In a cacerol, preheat butter and olive oil, without burning it. Add the finely chopped onion, the bay leaf, the thyme, the salt, the spicy pepper and the white pepper. Fry it until the onion turns transparent, without letting it burn or caramelize.

2. U lonac dodati povrtni bujon i pustiti da ključa 5 minuta. Dodati prethodno oljuštenu bundevu iseckanu na male komade. Kuvati oko 25 do 30 minuta. Izvaditi lovor i mešati dok se bundeva ne rastopi i postane kremasta i fina.

Add the vegetable broth to the cacerol and boil it for 5 min. Add the pumpkin previously peeled and cut into small pieces. Cook for 25 to 30 min. Remove the bay leaf from the mixture and then process until the pumpkin dissolves and it is creamy and smooth.

3. Sve procediti da bi krem-supu imala ujednačenu teksturu. Služiti tako što se po tanjiru pospe ulje od tikve.

Pass the mixture through a strainer to homogenize the soup. Serve by spreading the pumpkin oil on the surface of the plate, and sprinkle it with fine shopped green onions.

Preporučena vina: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

Recommended wines: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

4. Krem-supu „humita“ / Humita soup

Krem-supu „humita“ vodi nas do vekovne kulinarske tradicije obe Amerike. Reč „humita“ potiče iz jezika kečua, pretkolumbovskog jezika kojim su govorile Inke. Ovaj narod je u Argentini nastanjivao celo područje severozapada, sve do provincije Mendoza u centralno-zapadnom delu zemlje. Kukuruz je osnova ovog jela, i poreklom je s Anda, koji se protežu duž 5.000 km na zapadu Argentine. Samo na severozapadu Argentine raste najmanje 60 različitih, autohtonih vrsta kukuruza.

The humita takes us to the millenary culinary tradition of the Americas. This word is of Quechua origin, a pre-Columbian language spoken by the Incas. In Argentina they inhabited the entire Northwest region up to the Province of Mendoza in the central west part of the country. The corn that is at the base of the humita is native to the Andes, which runs for 5,000km in western Argentina. Only in the Northwest of Argentina, there are at least 60 different and native varieties of corn.

Sastojci / Ingredients:

- 100 g crnog luka / 100 gr. of onion
- 50 g maslaca / 50 gr. of butter
- 1 kašičica maslinovog ulja / 1 tablespoon of olive oil
- 50 g aleve paprike / 50 gr. of red pepper
- ½ kg kukuruza u klipu (iz konzerve ili smrznutog) / 500 gr. of corn (canned or frozen)
- 1 l pilećeg bujona / 1 liter of chicken broth

- 100 ml mleka / 100 ml. of milk
- So i biber / Salt and pepper
- muskatni oraščić / Nutmeg
- vlašac ili zelena pera mladog luka / Chives or green part of scallion
- 30 g dodatnog maslaca / 30 gr. of additional butter

Priprema / Recipe:

1. U šerpi zagrejati maslinovo ulje i maslac i propržiti sitno iseckan luk i alevu papriku.

In a saucepan, preheat the olive oil and butter and fry the onion and the red pepper, both finely chopped.

2. U drugu šerpu staviti kukuruz i mleko, pustiti da provri i štapnim mikserom dobro promešati.

In another saucepan put the corn and milk, bring to a boil and mix well with a hand processor.

3. Staviti kukuruznu masu u šerpu sa lukom i drugim sastojcima. Dodati so, biber i muskatni oraščić. Sipati pileći bujon i kuvati na tijeho vatri, često mešajući dok supa ne postane kremasta. Ostaviti sa strane.

Put the corn dough in the saucepan with the onion and other ingredients, except the chives. Add salt, pepper, and nutmeg. Pour in the chicken broth and cook over low heat, stirring every now and then until the soup is creamy. Set aside.

4. Nakon 30 sekundi ubaciti 30 g maslaca, dobro promešati i ukrasiti vlašcem. Poslužiti.

After 30 seconds add the 30 gr. of butter, mix well and decorate with chives. Serve.

Preporučena vina: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

Recommended wines: Catena Alta Chardonnay, Alamos Chardonnay, Chakana Nuna Estate White Blend, Chakana White Blend, Trapiche Sauvignon Blanc, Norton Chardonnay

5. Pizza fugazzeta / Fugazetta

Nastavljamo s uticajem italijanske kuhinje koja je dobila argentinski obrt. Fugazzeta i fugazza predstavljaju pice u argentinskom stilu. Sastočci su sir i crni luk. Ali mnogo sira i crnog luka. Picerije u Buenos Ajresu veoma su tradicionalne i međusobno se takmiče koja će osvojiti naklonost gostiju. Svake godine održava se popularno takmičenje koje organizuje jedna radio-stanica, a sastoji se od probanja i ocenjivanja različitih pica.

We continue with the influence of Italian cuisine but Argentinized. The fugazza and fugazzeta are Argentine style pizzas. Its ingredients are cheese and onion, but a lot of cheese and onion! Buenos Aires pizzerias are very traditional and compete with each other for the favor of diners. Every year there is a popular competition organized by a radio which involves testing and rating the different pizzas.

Sastočci / Ingredients:

Testo / Dough:

- ½ kg brašna tip 500 / 500 gr. of flour type 500
- 150 ml vode sobne temperature / 150 ml of water at room temperature
- 7 g suvog kvasca / 7 gr. of dry yeast
- 1 i ½ kašičica šećera / 1 and ½ tablespoons of sugar
- 1 kašičica soli / 1 teaspoon of salt
- 20 ml maslinovog ulja / 20 ml of olive oil

Nadev / Filling:

- 200 g crvenog luka / 200 gr. of onion
- 400 g sira za picu / 700 gr. cheese for pizza
- so i biber / Salt and pepper
- kuvana šunka (po želji) / Ham (boiled/cooked) -optional-

Priprema / Recipe:

1. U činiju sipati vodu, šećer i kvasac, dok se ne pojave mehurići u vodi i kvasac ne počne da fermentira (oko 15 minuta).

In a bowl, put water, sugar and yeast until bubbles appear in the

water and the yeast ferments (approx. 15 min).

2. Dodati brašno, so i maslinovo ulje i rukama umesiti tu masu, dok ne postane glatka (oko 5 minuta), prekrići providnom folijom i ostaviti između 45 minuta i jednog sata na sobnoj temperaturi, dok testo ne naraste i dostigne svoju duplu veličinu.
Add flour, salt and olive oil and, with your hands, mix the dough until it is elastic (approx. 5 min). Cover with a plastic wrap and leave it between 45 min and 1 hour, at room temperature, until the dough doubles in size.

3. Ponovo mesiti 1 minut. U providnoj foliji ostaviti u frižideru celu noć.
Re-knead 1 min. In plastic wrap, leave it in the refrigerator overnight.

4. Napraviti dva kruga za picu, staviti masni papir u kalup za picu i u njega staviti prvi krug testa.
Make two pizza discs and put parchment/cooking paper in a pizza mold and place the first dough disc.

5. Sitno iseći luk, oprati u hladnoj vodi i ocediti. Na prvi krug staviti 300 g rendanog sira za picu. Prekrići masu drugim krugom testa, spojiti ivice oba dela tako da popune ceo kalup, istisnuti vazduh i odstraniti višak testa. Tanjirom malo udubiti sredinu testa i tu staviti luk, oko njega staviti so i biber i preostalih 100 g rendanog sira.

Finely chop the onion, wash in cold water and drain. In the first disk put 400 gr. of grated pizza cheese. Cover with the other disk of dough and make sure the edges are touching the side of the mold, removing the air and discarding what is left of the dough. Sink the middle of the dough to make a plate and place the onion, seasoned it with salt and pepper and the remaining 300 gr of grated pizza cheese.

6. U rerni koja je prethodno zagrejana na 200 stepeni peći 30 do 40 minuta.
In an oven preheated to 200° C, cook for 30 or 40 min.

7. Iseći na jednake delove i služiti.
Cut into equal sections and serve

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

6. Farinata (fainá) / *Fainá*

Uobičajeno je u Argentini dodati pici i parče farinate, napravljene od brašna od leblebije, a običaj je da se ona jede tako što se stavi na parče pice. Poreklo ovog jela je italijansko, ali se danas više sreće u dobrim argentinskim pizzerijama. Farinata je potekla iz Čenove, i odatle u XIX veku brodom stigla u Argentinu.

It is very common in Argentina for a portion of fainá, made with chickpea flour, to be added to pizza, which is generally eaten superimposed on a slice of pizza. Its origin is Italian, but today it is easier to find it in good Argentine pizzerías. The fainá originates in Genoa and from there it left by ship for Argentina, already in the 19th Century.

Sastojci / Ingredients:

- 300 g brašna od leblebije / 300 gr. of chickpea flour
- 800 ml hladne vode / 800 ml. of cold water
- 50 g maslaca / 50 gr. of butter
- 3 kašićice maslinovog ulja / 3 tablespoons of olive oil
- so i biber / Salt and pepper

Priprema / Recipe:

1. U činiju staviti brašno, so, biber, istopljen maslac, maslinovo ulje i na kraju polako sipati vodu, dok se smeša ne sjedini, i dobro umutiti mikserom. Prekrići činiju i ostaviti celu noć u frižideru.

In a bowl, put the flour, salt, pepper, melted butter, olive oil and, at the end, pour the water slowly until the dough dissolves. Mix well with an electric mixer. Cover the bowl and refrigerate overnight.

2. U rerni koja je prethodno zagrejana na 180 stepeni, u kalupu za picu, namašćenom maslinovim uljem, rasporediti testo do visine od 1 cm, i peći između 15 i 20 minuta, ili dok ne porumeni.

In an oven preheated to 180° C, put the dove in a 32 cm mold, which should be previously greased with olive oil. Cook it between 15 to 20 min, or until the surface is browned.

3. Poslužiti uz parče pice.
3. Serve, along with a slice of pizza.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec
Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

7. Ravioli sa sirom / Ravioli with cheeses

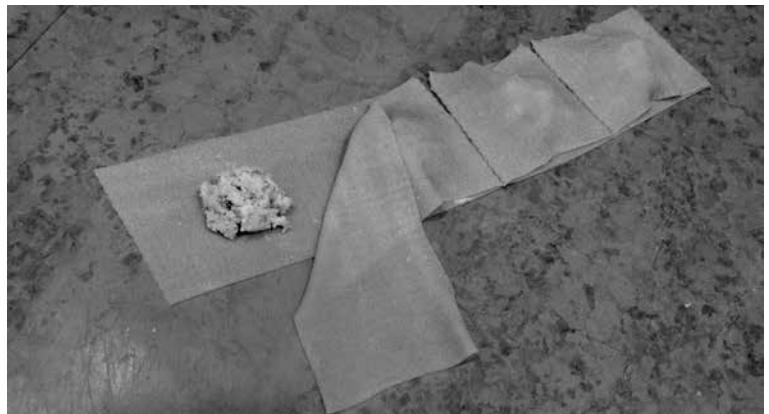
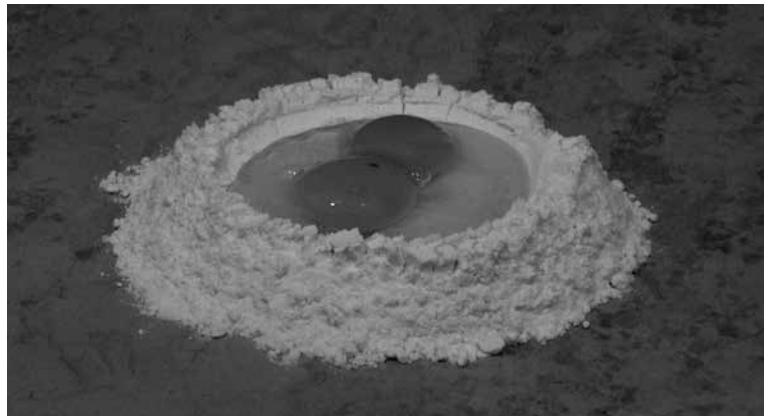
Kao što je već rečeno, ravioli stižu u Argentinu s italijanskim imigrantima u drugoj polovini XIX veka. U argentinskim gradovima i selima česte su radnje sa svežom testeninom u kojima se kupuju i ravioli. Ravioli sa rikotom su klasično jelo, ali ima ih i s povrćem, piletinom, sirom rokforom i celerom, itd. U argentinskim porodicama uobičajeno je da se vikendom, bilo subotom bilo nedeljom, priredi „raviolada“ – pravljenje raviola. Raviolada je kulinarski i društveni događaj i tada se okupljaju prijatelji i porodica.

As already mentioned, ravioli arrived to Argentina with Italian immigration in the second half of the 19th Century. In Argentine cities and towns it is common to find fresh pasta shops where ravioli are also bought. The ricotta ravioli are a classic but there are also vegetables, chicken, or roquefort and celery, etc. In Argentine families it is common for a "raviolada" to be held on the weekend, either Sunday or Saturday. This raviolada is a culinary and social event where family and friends gather.

Sastojci / Ingredients:

Testo / Dough

- 300 g brašna tip 500 / 300 gr. of flour type 500
- 2 jajeta / 2 eggs
- 4 žumanceta / 4 yolks
- $\frac{1}{2}$ kašičice soli / $\frac{1}{2}$ teaspoon of salt
- 1 kašika hladne vode / 1 tablespoon of cold water



Nadev / Filling

- 50 g sirnog namaza / 50 gr. of cream cheese
- 150 g tvrdog sira / 150 gr. of hard cheese
- 50 g plavog sira / 50 gr. of blue cheese
- 100 g parmezana / 100 gr. of Parmesan cheese
- 50 g maslaca / 50 gr. of butter

Priprema / Recipe:

1. Sipati brašno na radnu površinu i rukom ili varjačom napraviti rupu u sredini. Staviti žumanca, jaja i so i mešati dok masa ne postane glatka i bez grudvica. Ako se testo stvrdne, dodati malo vode. Prekriti providnom folijom i staviti u frižider na 30 minuta.

Make a volcano of flour, with your hand or a spoon. Add the yolks, eggs and salt and mix until the dough is homogeneous and elastic. If the dough hardens, mix with a little water. Cover it with plastic wrap and place in a refrigerator for 30 min.

2. U činiju staviti i umešati sirni namaz i izrendan tvrdi sir, plavi sir, 50 g parmezana, so i biber. Ostaviti u frižideru.

In a bowl, place and mix the cream cheese and, grated, the hard type cheese, the blue cheese, 50 gr. of Parmesan, salt and pepper. Put it in the refrigerator.

3. Oklagijom istanjiti testo da bi se uvuklo u mašinu za testeninu. Na mašini za testeninu podesiti na 2 ili 3 mm.

With a rolling pin, refine the dough to afterwards use the pasta machine. With the pasta machine, refine the dough to 2 mm.

4. Iseći testo na dva jednakaka dela. Stavljati nadev na jedan deo testa, kašikom, tako da delovi s nadevom budu na rastojanju od 6 cm jedni od drugih. Pokvasiti prstom površinu oko nadeva, preklopiti drugim delom testa i istisnuti vazduh. Iseći nožem za ravirole.

Cut the pasta into two equal parts. Place the filling on one of the parts, with a spoon, 6 cm apart from one another. Round the filling with a wet finger and cover with the other part of the dough, remove the air. Cut with a ravioli cutter.

5. Raviole kuvati u malo posoljenoj vodi dok ne isplivaju na površinu. Izvaditi ih rešetkastom kašikom i pržiti u tiganju, na maslacu, na srednje jakoj vatri, između 30 sekundi i jednog minuta.

Boil them in slightly salty water until the ravioli float to the surface. Remove them with a spatula and fry in a pan, in the butter and at medium temperature, between 30 s and 1 min.

6. Na svakom tanjiru poslužiti tri do četiri raviole, i posuti ih parmezanom.

Serve them warm.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec





3. GLAVNAJELA

Main dishes

U ovom odeljku ćemo naglasiti jela povezana sa govedinom, jer je ona u Argentini osnovna hrana. U vezi s tim Asado će biti centralna zvezda odeljenja. Ali vredi zapamtiti da je Argentina takođe važan proizvođač riba i morske hrane koja se uglavnom priprema prema kulturi italijanske i španske kuhinje.

In this section we are going to emphasize dishes related with beef, because it is in Argentina a staple food. In regard to this the Asado will be the central star of the section. But is worth remembering that Argentina is also an important producer of fishes and sea food, which are prepared, mainly, according the Italian and Spanish cuisine culture.



1. Argentinski roštilj (asado) / *The argentine asado*

Arhetipsko jelo Argentine, iako uobičajeno u mnogim drugim delovima sveta, odlikuje se izvrsnom govedinom, istaknutom vrhunskom pasminom goveda i odličnim uslovima u kojima se uzgajaju u prerijama 365 dana u godini. Zbog toga je u Argentini asado postao ceremonija podeljena u različite faze, gde se meso kuva vrlo sporo kako bi se poboljšao ukus, oko koga cveta društveni događaj, a asador (onaj ko peče meso) i gosti pričaju o mnogim stvarima: „o cipelama - i brodovima – i o vosku za zaptivanje, o kupusu - i kraljevima - i zašto je more vrelo - i da li svinje imaju krila“

The archetypical dish of Argentina, although common in many other parts of the world, it is distinguished by its excellent beef, highlighted by the superb breed of cattle and the excellent conditions in which they are raised on prairies for 365 days a year. That is why in Argentina the asado has become a ceremony divided into different stages, where the meat is cooked very slowly to enhance its flavor, around which a social event blooms, and the asador (he who roasts the meat and guests talk of many things: "of shoes - and ships - and sealing wax, of cabbages – and kings – and why the sea is boiling hot – and whether pigs have wings".

Rešetkasti roštilj / *The grill*

Roštilj je čelična ili gvozdena rešetkasta ploča različitih oblika – rebrastog, cevastog, ravnog. Najvažnije je da se toplota prenosi ujednačeno. U Argentini se pečenje pravi i razapeto na krstovima (el asado en cruz), no to je drugačija tehnika i mnogo ju je teže izvesti.

The grill is a steel or iron plate woven as a net that can take different forms ribbed, tubular or flat. The important thing is that it transmits heat evenly. Cross roast is also used in Argentina, however this is another and more complex technique.

Vatra / *The fire*

Vatra se priprema oko 45 minuta pre pečenja mesa. Za pečenje se koristi žar, nikad otvoreni plamen.

The fire is prepared about 45 min before putting the meat on the grill as the roast has to be done with fathoms, never over direct fire.

Vrsta drveta i pravljenje žara / The firewood and the fathoms

Vatra je ključna stvar za pravljenje pečenja. Za vatru se koristi, po mogućству, tvrdo drvo, jer meko drvo ispušta sok koji može da promeni ukus mesa. Može se peći i na uglju ili mešavini uglja i drveta. *The base of the roast is in the fire, preferably of hard woods, because the soft ones release sap and can affect the taste of the meat. It can also be done with charcoal or with a mixture of both.*

Svako ima svoj način paljenja vatre. Lak način koji uvek uspeva je ako zgužvate listove dnevnih novina i stavite ih ispod rešetke, ili u metalnu korpicu uz rešetku za roštilj. Tanke grančice se poređaju kao da se pravi indijanski šator, iznad se stavi još jedan sloj drveta, malo debljeg, a potom idu cepanice srednje veličine. Između drveta ubaci se još papira. Vatra se zapali tako što se upale zgužvani listovi novina sa dna. U nekim slučajevima koristi se metil-alkohol kako bi se potpomoglo paljenje.

To light the fire, everyone has its own method, an easy one that does not fail is to make balls/wads of newspaper and put them under the grill, or in a metal basket juxtaposed to the grill. Afterwards, with small branches you can prepare a sort of Indian teepee/tent. On top of this, place another layer of slightly larger wood and finally, medium logs on top of this. More newspaper can be gently squeezed among the woods and then you are ready to set fire the initial lower wads of paper. In certain cases, burning alcohol is used to aid the initial combustion.

Pre nego što se stavi meso, zagrejana rešetka za pečenje očisti se novinskim papirom od ostataka prethodnog pečenja. Da bi se meso peklo, odvoji se žar i formira se sloj žara ispod rešetke, a može se u jednom kraju roštilja ostaviti i cepanica koja gori da bi održavala vatru. Tom sloju se dodaje novi žar da bi se održala toplota. Temperatura vatre može se odrediti tako što se ruka stavi na 10 cm iznad roštilja, i ako posle 2 do 3 sekunde ne može da se izdrži toplota, vatra je prejaka. Ako posle 7 do 8 sekundi ne može da se izdrži toplota, onda je vatra srednje jaka. Jačina vatre zavisi od vrste mesa koje se sprema.

Before putting the meat on the grill, once it is hot, clean it of previous remains by using a crumbled ball/wad of newspaper by scraping the grill a couple of times back and forth. To cook the meat, separate the fathoms from the fire and form a sort of mat/carpet under the grill, you can leave a burning log in one corner of the grill to help the heat. Add every now and then new fathoms to that original mat/carpet to keep the heat. The temperature of the fire can be measured by placing your hand 10 cm above the grill, if the heat cannot be tolerated after 2 or 3 seconds, it is too strong, if this happens after 7 or 8 seconds then it is a moderate fire, which is usually correct. The intensity of the heat, however, will depend on the type of meat being cooked.

Na jednom mestu ispod rešetke napravi se drugi sloj od vrelog pepela i sitnih komada žara i unutra se stave povrće, krompir, luk, paprika, i izvadi se kad je pečeno.

Somewhere under the grill you should make another form of mat/carpet with fathoms, and ashes. Here is where you will place different sorts of vegetables, potatoes, onions, peppers over those fathoms, wrapped in aluminum foil and will be removed when they are ready.

Kad se roštilja, kao predjelo mogu se jesti empanade, a potom počinju da se iznose meso i salate. Recept za empanadu dat je u odeljku „Saveti i još ponešto“.

Also for asados you can have empanadas as a starter before the meat and the salads. The recipe for empanadas can be found in the last section of this book.

Meso, tranžiranje, iznutrice i ostalo / The meat, cuts, innards and others

Uopšteno uzev, argentinski roštilj pravi se od govedine, teletine ili junetine, odnosno, od mesa mladih životinja. Može se praviti i od jagnjetine, kozjeg ili svinjskog mesa. Može se peći i piletina. Ovde ćemo opisati samo govedinu i neke delove mesa koji se mogu naći ili naručiti.

In general, the Argentine barbecue is made mainly with beef, generally, from young animals. It can also be made from lamb or pork. Chickens can also be roasted. However, here we will limit ourselves to beef and some cuts that can be found or ordered in Serbia. In the Annex section you will find a illustration with the Argentine cuts of beef.

Glavne argentinske rase goveda raznovrsne su i mnoge su britanskog, francuskog, španskog i holandskog porekla, ali i indijskog, u područjima na krajnjem severu. Aberdeen Angus, Šorthorn, Hereford, rasa argentinski krioljo (koju su doneli Španci 1512), Holando argentino (za proizvodnju mleka), Džerzej (za proizvodnju mleka), Šarole, Limuzin, Braman, Santa Gertruda (dobijena ukrštanjem rasa Hereford i Šorthorn), Brangus (dobijena ukrštanjem rasa Braman i Angus), Bradford (dobijena ukrštanjem rasa Braman i Hereford), indijski bivo. Hrane se u slobodnoj ispaši, na otvorenom, što se nekad dopuni u „fidlotu“ ishranom silažom.

The main Argentine cattle breeds are varied and many are of British origin, also French, Spanish and Dutch. Aberdeen Angus, Shorthorn, Hereford, Creole (brought by the Spanish in 1512), Holando Argentine and Jersey (for milk), Charolais, Limousin, Bhraman, Santa Gertrudis (cross between Hereford and Shorthorn), Brangus (cross between Brahman and Angus), Bradford (cross between Brahman and Hereford), Indian Buffalo. They are fed usually with grass on the open Argentine country side. In certain cases, according to taste of consumers its fed can be finalized in feedlot with grains.

Rebra / Ribs

Treba tražiti od mesara da iseče rebra uzdužno po sredini, a onda ta dva dela poprečno po sredini.

It is convenient to ask the butcher to cut the ribs in half lengthwise and those two pieces in turn horizontally in half (as you can see in the image at the end of this book).

Staviti rebra na roštilj nakon što ste ih osušili kuhinjskim ubrusom, i kosti posuti krupnom solju. Kad se pojave mehurići, posole se i delovi bez kostiju i stavi se na vatru. Peče se na srednje jakoj vatri, otprilike 1.5 sat, a kad se okrene, još 15 minuta na jačoj vatri da bi meso porumenelo. Meso treba da stoji 3 sata na sobnoj temperaturi.

Put the ribs on the grill after having dried them with some kitchen paper and with coarse salt. The ribs should be placed with the bone part facing the grill. It should be cooked with moderate heat, for a 1 ½ hours more or less and when it is turned it is cooked another 45



min to 1 hour on a more intense fire to brown the meat. Before, the meat should rest at room temperature for 3 hours. Serve.

Antrikot / Steak eye

Tražiti od mesara otkoštene komade antrikota (ili rib eyes) sećene na adreske od 3 do 4 cm. Pripremiti vatru, i kad se postigne dovoljna temperatura, kad ruka iznad roštilja ne može da se drži duže od 2 sekunde, staviti adreske na roštilj, posuti krupnom solju i biberom, i prvo 7 minuta peći bez okretanja, ne dirajući meso, a onda meso okrenuti za 90 stepeni i tako peći još 5 minuta. Potom meso peći s druge strane 5 minuta, onda ga okrenuti za 90 stepeni i peći još 5 minuta. Odložiti u činiju i neka 5 minuta stoji blizu vatre. Poslužiti.

Ask the butcher for the steak eye cut or Rib Eyes, cut into 3 to 4 cm steaks and boneless. Prepare the fire, when it is very hot, meaning that you cannot hold your hand above the grill for more than 2 seconds, put the steaks with coarse salt and pepper. Cook without turning them or touching at all for 7 min, and then for 5 min rotating them perpendicularly. Then turn them again, grill for 5 min, rotate once again and a final 5 min. Leave them 5 min near the fire in a fountain. Serve.

Pečenica / Loin

Tražiti celu pečenicu, odstraniti nožem žilice, začiniti krupnom solju i biberom. Staviti na jaku vatru otprilike 10 minuta i okrenuti na još 10 minuta i tako dva puta. Da biste proverili je li gotovo, zaseče se malo nožem da bi se videla boja, a vreme spremanja zavisi od ukusa koji želite. Može se koristiti i termometar. Kad dostigne 60 stepeni, skloni se s vatre. Ostavi se po strani oko 10 minuta. Poslužiti.

Order a whole loin, remove the nerves with a knife and season it with coarse salt and pepper. Put it on the grill for about 10 min over high heat and turn another 10 min two more times. To check if it is done, a cut with a knife can be made on the tip to see the color, according to one's taste. You can also use the thermometer and when it reaches 60° C it should be removed. Put it aside for about 10 min. Serve.

Rosbeef / Rosbeef

Na roštilju je preporučljivo iseći ga u vidu adreska debljine dva prsta. Odrezak se stavi na dobro zagrejan roštilj i ne dira se 15 minuta, potom se okrene i peće još 10 minuta, a nakon toga može da se servira. Trebalo bi ga stalno paziti da bi se ispeklo po ukusu. Poslužiti.

It is recommended to cut it in two-finger-wide steaks. With the grill very hot, put the steak without touching it for 15 min and then turn it for another 10 min. It is convenient to look at it to graduate when to take it off according to one's taste. Serve.

Kobasice od svinjskog mesa, bez slatke paprike / Pork chorizos (sausages)

Poredaju se 3 do 4 kobasice jedna pored druge i nabodu na dva drvena ili metalna ražnjića, stave se na srednje jaku vatru otprilike 40 minuta i još 40 minuta s druge strane. Poslužiti.

Put 3 or 4 sausages juxtaposed and pierce them on 2 wooden or metal skewers, place over moderate heat for approx. 40 min and another 40 min on the other side. Serve.

Teleće brizle / Veal sweetbreads

Brizle se očiste i ostave da prenoće u mleku. Staviti na roštilj na jaku vatru, ½ sata sa svake strane. Posoliti tek na kraju. Poslužiti.

Clean the sweetbreads and placed them in a container bathed in milk overnight. Put on the grill over high heat and place them for ½ hour on each side. Put salt only at the end. Serve.

Provoleta (grilovani provolone) / Provoleta

Iseći na kolutove širine 1.5 cm i staviti na gvozdenu ili keramičku ploču koja je prethodno dobro zagrejana. Posle pet minuta na vatri, lopaticom okrenuti i peći još pet minuta. Dodati čimićuri ili maslinovo ulje i origano. Ostaviti da se malo ohladi. Poslužiti.

Cut a provolone cheese into a 1.5 cm wide slice and placed on an iron or ceramic plate previously preheated with high heat. After 5 min on the fire, turn it with a spatula for another 5 min. Add some

chimichurri sauce or olive oil and oregano. Let it cool a little. Serve.

Povrće / Vegetables

Operu se krompir, crni luk i slatki krompir, ali se ostave u ljusci. Uviju se u aluminijumsku foliju i stave u žar pomešan s vrelim pepelom, dok se ne ispeku. Paprike, isečene na trake, stave se u kraj roštilja, gde vatra nije jaka, na 20 minuta. Posle se oljušte i preliju maslinovim uljem i belim lukom.

Potatoes, onions and sweet potatoes are cleaned but the skin is left on. They should be wrapped in aluminum foil and placed on the fathoms until they are cooked. The peppers, cut into strips, should be put on the grill in a not so hot place for 20 min. They are then peeled and bathed in olive oil and garlic.

Salate / The salads

Uz meso se obično jedu salate. Ovde ćemo predložiti samo dve, ali postoje brojne kombinacije, u skladu s ukusom domaćina i gostiju.
Meat is generally eaten with salads. Here we suggest only two, but there are infinite combinations, to suit the host or the diners.

Od krompira / Potato Salad

Krompir, 1 kuvano jaje, crni luk i majonez.
Potatoes, 1 hard-boiled egg, onion and mayonnaise

Mešana zelena salata, paradajz i crni luk. Maslinovo ulje ili sos vinegret, so i biber.

Mixed, lettuce, tomato and onion. Olive oil or a vinaigrette, salt and pepper.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec



2. Odrezak na kreolski način (bifes a la criolla) / Creole steak

I ovo je klasično jelo argentinske kuhinje, deo je domaćih recepata, a služi se u restoranima u Buenos Ajresu. Ovo jelo navodno potiče iz seoskih krajeva Argentine, gde mesa i povrća ima u izobilju, poput krompira koji, setićešmo se, potiče s američkih Anda. Priča se, ali to je samo priča, da se najbolji odrezak na kreolski način pravi od mesa stada rase Aberdeen Angus koje se napasa po poljima u blizini planine Sjera Tandil, u provinciji Buenos Ajres.

These are also a classic of Argentine cuisine that is part of domestic recipes and that are also served in the most characteristic Buenos Aires taverns/restaurants. It is said that its origin is from the Argentine countryside, where meat and vegetables abound, just like the potato that as we know is native to the American Andes. It is said that, but maybe it is just a rumor, that the best Creole steaks are made with the meat of a herd of Aberdeen Angus that grazes in fields near the Sierras de Tandil, in the Province of Buenos Aires.

Sastojci / Ingredients:

- 1 kg krta mesa (ramstek, file, itd.) / 1 kg of lean meat (peceto or loin ball, etc.)
- 1 velika glavica crnog luka / 1 large onion
- 1 čili paprika / 1 red pepper
- 2 iseckana čena belog luka / 2 garlic cloves, minced
- 2 ili 3 stabljike peršuna / 2 or 3 sprigs of parsley
- 3 velika krompira / 3 large potatoes
- 100 g graška / 100 gr. of peas
- 3 kašike paradajz pirea / 3 tablespoons of tomato puree
- 2 velika oljuštene paradajza / 2 large tomatoes, skinless
- 1 šargarepa / 1 carrot
- 2. ½ litre mesne supe / 500 ml. of meat broth
- So i biber / Salt and pepper
- 1 kašika maslinovog ulja / 1 tablespoon of olive oil
- 2 lista lovora / 2 laurel leaves

Priprema / Recipe

1. U šerpu poređati meso isečeno na tanke šnicle i dodati seckani peršun i beli luk, so i biber. U drugi red poređati sečeni luk i papriku. Odozgo staviti šargarepu iseckanu na kolutiće. Preko toga staviti krompir i paradajz isečene na kolutove, i grašak.

In a Pyrex, put the meat cut into thin slices and add the chopped parsley, garlic, salt and pepper. In another layer, place the onion and red pepper, both chopped. On top, put the sliced carrot. On top of all that, place the potatoes and tomatoes, both sliced, and the peas.

2. U dubljoj posudi pomešati paradajz pire i mesni bujon i sipati u šerpu. Ubaciti lovor i poprskati maslinovim uljem. Kuvati sat do dva. Poslužiti.

In a bowl, dissolve the tomato puree in meat broth and pour into the Pyrex. Place the bay leaf and drizzle with the olive oil. Cook between 1 and 2 hours, in the oven at 180°. Serve.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

3. Varivo s mesom i povrćem (locro) / Locro

Lokro (locro) je verovatno najprisutnije jelo u gastronomskoj tradiciji severa Argentine, a jede se i u drugim andskim zemljama. Postojalo je i pre španske kolonizacije, a potom se dalje razvijalo na osnovu proizvoda koji su pristizali. To je kuvano jelo, a gauči koji su ga jeli koristili su posebne varjače koje su posle držali na ponču kao ukras. Ovaj recept za varivo s mesom dorađena je verzija originalnog recepta, ali osnova je ista.

The locro is surely the most traditional dish of the gastronomy of the Argentine North and it is shared with the Andes countries. Its origin predates the Spanish colonization and evolves with products brought ever since. It is a stew, and the gauchos who consumed it used a spoon with a pointed handle, which they then placed on their poncho as a brooch/pin. This locro recipe is somewhat more sophisticated than the original, but the base is the same.

Sastojci / Ingredients:

- 1 kašika maslinovog ulja / 1 tablespoon of sunflower oil
- 100 g pancete / 100 gr. of bacon
- 100 g kulena / 100 gr. of red/Spanish chorizo
- 200 g krtog mesa / 200 gr. of lean meat
- 200 g svinjskih kobasica / 200 gr. of pork sausage
- 200 g kukuruza / 200 gr. of corn
- 100 g pasulja / 100 gr. of beans
- 100 g praziluka / 100 gr. of leeks
- 150 g muskatne tikve / 150 gr. of pumpkin
- ½ litre mesnog bujona / 500 ml. meat broth
- 150 g uređenih i skuvanih svinjskih iznutrica / 150 gr. of pork tripe (pre-cooked)
- 1 prstohvat kumina / 1 pinch of cumin
- 1 kašičica slatke paprike / 1 teaspoon of sweet pepper
- so i biber / Salt and pepper

Priprema / Recipe:

1. U šerpu sipati ulje i na srednjoj temperaturi 5 minuta pržiti iseckanu pancetu i kulen, i meso iseckano na kockice dimenzija 2 cm.

In a saucepan, preheat for 5 min at a moderate temperature, the oil with the bacon and the cut chorizo and the meat that should be cut into cubes of 2 cm per side.

2. Potom se dodaju svinjske kobasicice i prži se još 10 minuta, mešajući s vremenom na vreme.

Add the pork sausages and cook 10 min, stirring from time to time.

3. Posle se dodaju kukuruz i pasulj koji je celu noć odstojao u vodi. Kuva se još 5 do 10 minuta povremeno mešajući.

Add the beans that were in water all night and the corn. Cook another 5 to 10 min stirring from time to time.

4. Začini se solju i biberom, kuminom i paprikom, kuva se još minut i doda se mesni bujon.

Season with salt and pepper, cumin and sweet pepper, then cook another minute and add the meat broth.

5. Kad počne da vri, kašikom skinuti masnoću s površine. Kuvati još 45 minuta na tihoj vatri.

When it begins to boil, remove the fat from the surface with a spoon. Cook another 45 min over low heat.

6. Dodati očišćene iznutrice isečene na kockice, tikvu isečenu na kockice i praziluk isečen na kolutiće, kuvati 45 minuta na umerenoj vatri ili dok pasulj ne smekša. Ako je potrebno, dodati još mesnog bujona. So i biber po ukusu.

Add the pre-cooked tripe cut into cubes, the diced pumpkin, the leek in slices and cook 45 min over moderate heat or until the beans are soft. If necessary add more meat broth. Salt and pepper at will.

7. Poslužiti u činiji, sa čimićurijem.

Serve in a bowl with chimichurri sauce.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

4. Krompir pita / Potato pie

Krompir pita sa mesom, u zemlji koja proizvodi neka od najboljih govedih mesa na svetu i sa čije teritorije, isto tako, potiče germoplazma krompira, jelo je koje se mora naći u gastronomskoj ponudi. Tako i jeste – krompir pita deo je svakodnevne argentinske kuhinje. Slično je i s pastirskim pitama u Velikoj Britaniji (shepherd's pie) ili u Francuskoj (hachis parmentier), međutim, razlika je u kvalitetu proizvoda koji stižu s argentinskih pašnjaka.

Potato pie, in a country that has one of the best bovine meats in the world and that it is also in the region where the germplasm of potato originate, is a natural dish to integrate its gastronomic offer. And so it is, the potato pie is part of the family kitchen of the Argentines. It is also so in other places such as shepherd's pie in the United Kingdom or hachis parmentier in France, but the difference is in the quality of the products from the Argentine countryside.

Sastojci / Ingredients:

- 2 kašike maslinovog ulja / 2 tablespoons of olive oil
- 2 glavice crnog luka / 2 onions
- 2 šargarepe / 2 carrots
- 1 kg mlevenog mesa / 1 kg of minced meat
- 2 kašike paradajz pirea / 2 tablespoons of tomato puree
- 50 ml vina malbek / 50 ml of Malbec wine
- $\frac{1}{2}$ kašike kumina / $\frac{1}{2}$ tablespoon of cumin
- $\frac{1}{2}$ kašike slatke paprike / $\frac{1}{2}$ tablespoon of sweet pepper
- 1 kašičica seckanog ruzmarina / 1 rosemary leaf (chopped)
- 1 list lovora / 1 bay leaf
- 100 g maslina / 100 gr. of olives
- 2 kuvana jajeta / 2 hard-boiled eggs
- 800 g krompira / 800 gr. of potatoes
- 200 ml mleka / 200 ml. of milk
- 50 gr maslaca / 50 gr. of butter
- so i biber / Salt and pepper

Priprema / Recipe:

1. U šerpi zagrejati ulje i ispržiti isečani luk i rendanu šargarepu. Kad je to gotovo (nakon 10 minuta), pojačati vatru i ubaciti mleveno meso i paradajz pire.

In a saucepan, preheat the oil and fry the cut onions and the grated carrots. When they are cooked (10 min) increase the heat and add the minced meat and tomato puree.

2. Kuvati uz povremeno mešanje i dodavati malbek. Kuvati dok alkohol ne ispari (3 minuta).

Cook, mixing every now and then and start pouring the Malbec wine. Cook until the alcohol evaporates (3 min).

3. Ubaciti začine – kumin, lovor, so i biber, i kuvati 2 minuta. Ostaviti sa strane i ubaciti masline presećene na pola i kuvana jaja isećena na komadiće od 1 cm.



Put the cumin, bay leaf, salt and pepper and cook 2 min. Put aside, adding the olives (cut in half) and the hard-boiled eggs cut into 1 cm pieces.

4. U drugoj šerpi napraviti pire od krompira s mlekom i maslacom, i začiniti solju i biberom. Ostaviti sa strane.

In another saucepan, prepare the mashed potatoes with the milk, butter, salt and pepper. Lay aside.

5. Staviti meso u vatrostalnu posudu namazanu uljem. Preko mesa staviti krompir pire. Viljuškom odozgo prošarati pire.

In a pre-oiled Pyrex, place the meat. Cover with the mashed potatoes and pass the fork over it to give it a sort of pattern (decoration).

6. Peći u rerni zagrejanoj na 180 stepeni, između 30 i 40 minuta, dok pire ne porumeni. Izvaditi iz rerne. Poslužiti.

Cook in an oven preheated to 180° C, for 30 or 40 min until the mashed potato is browned. Take out of the oven. Serve.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

where the famous tango singer Carlos Gardel used to go to eat. Their most famous dish continues to be prepared there: chicken puchero.

Sastojci / Ingredients

- ½ kg mesa s koskom (poput kolenice „osobuko“) / 500 gr. of bone-in meat (osobuco type)
- 2 svinjske kobasice / 2 pork sausages
- 100 gr pancete / 100 gr. of bacon
- 2 glavice crnog luka / 2 onions
- 2 praziluka / 2 leeks
- 2 stabljike celera / 2 sticks of celery
- 2 šargarepe / 2 carrots
- 150 gr pasulja / 150 gr. of beans
- 1 klip kukuruza / 1 corn
- 2 krompira / 2 potatoes
- 200 g tikve / 200 gr. pumpkin
- 2 lista lovora / 2 bay leaves
- 1 prstohvat timijana / 1 pinch of thyme
- so i biber / Salt and pepper

Priprema / Recipe:

1. U šerpu s hladnom vodom ubaciti velike komade mesa, pancetu isećenu na kockice, kobasicu sećene na pola, listove lovora i timijan, so i biber. Kad provri, skinuti masnoću s površine i smanjiti vatru.
In a saucepan with cold water put the large pieces of meat, diced bacon, sausages cut in half, bay leaves and thyme, salt and pepper. When it boils remove the fat from the surface of the saucepan and moderate the heat.

2. Dodati iseckanu šargarepu, luk, praziluk, celer i pasulj, koji je tokom noći odstojao u vodi. Kuvati 1 do 2 sata.

Add to the saucepan the cut carrots, onions, leeks, celery and beans, soaked in water overnight. Boil for 1 to 2 hours.

3. Potom dodati prepolovljen krompir, kukuruz isećen na 2 ili 3 dela i kuvati 45 minuta.

Add the potatoes cut in half, the corn cut into 2 or 3 pieces and cook for 45 min.

4. Ubaciti tikvu, dodati vode da povrće ogrezne. Začiniti solju i biberom i kuvati još 30 minuta. Poslužiti.

Add the pumpkin, and add the evaporated water until covering the vegetables. Salt and pepper and cook 30 more minutes. Serve.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec
Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

6. Semolina gnocchi / Semolina gnocchi

Poznatije kao njoki a la romana, to je jelo poreklom iz Italije koje je u Argentinu stiglo iz ruku italijanskih imigranata u 19. i 20. veku. Italijanska imigracija je bila najvažnija za Argentinu, čak je i nadmašila špansku. Danas više od 60% argentinskog stanovništva ima italijanske korene. Italijanska kultura je prožela i uticala na argentinsku kulturu, a samim tim i na njene gastronomске ukuse poput testenina, pica i sladoleda, između ostalog, koji su postali arhetipovi argentinske kuhinje.

Better known as gnocchi a la romana, it is a dish originated in Italy that arrived to Argentina from the hands of Italian immigrants in the 19th and 20th Centuries. Italian immigration was the most important received by Argentina, even surpassing the Spanish one. Today, more than 60% of the Argentine population has Italian roots. Italian culture has permeated and influenced Argentine culture and therefore also its gastronomic tastes such as pastas, pizzas and ice creams, among others, which have become archetypes of Argentine cuisine.

Sastojci / Ingredients:

- 500 ml mleka / 500 ml. of milk
- 120 gr griznog brašna / 120 gr. of semolina flour

- 1 kašika maslinovog ulja / 1 tablespoon of olive oil
- 50 gr putera / 50 gr. of butter
- So / Salt
- 100 gr naribano parmezana / 100 gr. of grated Parmesan cheese

Priprema / Recipe:

1. U hladnom mleku pomešajte grizno brašno i maslinovo ulje. Polako zagrejte testo na tiganju uz neprestano mešanje drvenom kašikom. Kad počne da ključa, kuvajte još 1 minut i izvadite.

In cold milk, mix semolina flour and olive oil. Slowly preheat the dough on a pan, stirring constantly with a wooden spoon. When it starts to boil, cook it for 1 more minute and remove.

2. Dodajte maslac u testo i 50 gr. sira parmezana. Dobro promešati. Add the butter to the dough and 50 gr. of Parmesan cheese. Mix well.

3. Na listu papira za pečenje dajte testu okrugli oblik i visinu od 1,5 do 2 cm.

On a sheet of baking paper, give the dough a round shape and of 1.5 to 2 cm high.

4. Okruglim kuhinjskim kalupom isecite njoke i stavite ih u prethodno podmazanu posudu od pireksa. Stavite njoke malo preklopljene i dodajte ostatak parmezana.

With a round kitchen mold, cut the gnocchi and put them in a previously buttered pyrex dish. Place the gnocchi slightly overlapped and add the rest of the Parmesan.

5. Zagrejte rernu na 180 stepeni, kuvajte između 20 i 30 min ili kad porumene. Poslužiti.

Preheat the oven to 180° C, cook between 20 and 30 min or when they brown. Serve.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

7. Teletina u malbeku / Veal with malbec

I ovaj recept spaja dva emblematična argentinska proizvoda – govedinu, kao što smo već pominjali, i vino malbek. Argentina je tradicionalno veliki proizvođač vina. Vino je stiglo sa Špancima kao element katoličkog bogosluženja. Malbek, poreklom iz regije Kaor (Cahors) na jugozapadu Francuske, u XIX veku gotovo da je nestao zbog najeze filoksere. Ali na zahtev velikog argentinskog političara, Dominga Faustina Sarmijenta, zasađen je u Čileu i Argentini. U Argentini se ova sorta izuzetno dobro prilagodila i stekla plemenitije odlike od svog francuskog pretka. Danas je cenjeno u celom svetu i može se naći i po vinarijama širom Srbije.

Here, as before, two flagship products of Argentina come together, beef, as we have already mentioned, and Malbec wine. Argentina is a traditional wine producer, which came along with the Spanish as an element of the celebration of Catholic worship. Malbec, originally from the French southwest Cahors, in the 19th century almost disappeared there due to the spread of phylloxera. Thanking the Argentine politician, Domingo Faustino Sarmiento, it was planted in Chile and in Argentina. In Argentina, it adapted extraordinarily and achieved more noble characteristics than its French predecessor, today it is recognized throughout the world and can be found in the wineries of Serbia.

Sastojci / Ingredients:

- 1 teleća kolenica / 1 beef shank
- 2 šargarepe / 2 carrots
- 2 glavice crnog luka / 2 onions
- 1 belance / 1 egg white
- 2 čena belog luka / 2 cloves of garlic
- 50 g pancete / 50 gr. of bacon
- 1 grančica ruzmarina / 1 branch of rosemary
- ½ litra vina malbek čakana / 500 ml. of Malbec Chakana wine
- 200 ml mesnog bujona / 200 ml. of meat broth
- so / Salt
- biber / Pepper

Priprema / Recipe:

1. Zagrejati rernu na maksimalnu temperaturu. U posudu staviti kolenicu, začinjenu belim lukom, solju i biberom, i sitno seckanu pancetu.

Preheat the oven to the maximum. In a wide Pyrex, place the shank, seasoned with garlic, salt and pepper and the finely cut bacon.

2. Ubaciti iseckani crni luk, šargarepu i ruzmarin, sipati vino malbek i mesni bujon. Uzeti dva ili tri lista aluminijumske folije i njima čvrsto prekruti sud (belancetom zalepiti foliju za sud). Peći u rerni 45 minuta na najjačoj vatri, a onda smanjiti temperaturu rerne na 160 stepeni i peći oko 5 sati. S vremena na vreme proveriti ima li tečnosti u sudu. Ukoliko je tečnost isparila, skinuti foliju i sipati vodu. Izvaditi iz rerne i skinuti aluminijumsku foliju.

Put the onion and carrot (both chopped), the rosemary and pour the Malbec wine and the meat broth. Put two or three aluminum sheets and cover the source as tightly as possible (with an egg white, seal the aluminum to the source). Put it in the oven for 45 min on maximum heat and then lower the oven temperature to 160° C and cook it for about 5 hours. From time to time check for liquid by moving the bowl with a dish towel. If there is no liquid, open the lid and add water. Remove from the oven and remove the aluminum foil.

3. Poslužiti.

3. Serve.

Napomena: Meso može da se posluži s pireom od krompira, krompirom pečenim u rerni, povrćem spremanim na pari, itd.

Note: Meat can be served with mashed potatoes, baked potatoes, steamed vegetables, etc.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

4. DESERTI

Desserts



Deserti su u Argentini prava institucija. Voće, mlečni karamel i čokolada glavni su sastojci, koje nije neophodno mešati, iako čokolada i mlečni karamel predstavljaju odličnu kombinaciju. Koriste se u kolačima i tortama koje se oslanjaju na poslastičarsku tradiciju centralne Evrope. Tokom leta, a sve češće i tokom cele godine, sladoledi su omiljena poslastica i mladih i starih. Argentina je nasledila tradiciju proizvodnje sladoleda od Italijana, a sladoledžnica sa zanatskom proizvodnjom sladoleda ima u svim gradovima, dok neke čak imaju svoje lance koji su se proslavili u celom svetu. Kako bi se napravio dobar sladoled, potrebno je veoma kvalitetno mleko, šećer od šećerne trske, različito voće i mlečni karamel i/ili čokolada.

The dessert is an institution in Argentina. Fruit, dulce de leche and chocolate are the main ingredients, not necessarily mixed, although chocolate with dulce de leche have a very good pairing. These are found in desserts and cakes, made with the Central European pastry tradition. During the summer, but more and more throughout the year, ice creams are the favorites of children and adults alike. Argentina has inherited the tradition of ice cream manufacture from the Italians and artisan ice cream parlors abound in all cities, some even end up forming chains that have become famous throughout the world. To make a good ice cream, basically, you need excellent quality milk, cane sugar, various fruits and dulce de leche and/or chocolate.

1. Krem brule s mlečnim karamelom /

Creme brûlé with dulce de leche

Krem brule je tradicionalna francuska poslastica koja je postala univerzalna, a u Argentini se obično pravi sa mlečnim karamelom (dulce de leche). U Argentinu su francuski imigranti stizali u različitim periodima, i njihova kultura prožela je argentinsku, u tolikoj meri da su se za vreme Drugog svetskog rata, tokom nemačke okupacije Francuske, neke francuske izdavačke kuće preselile u Buenos Ajres kako bi i dalje mogli da štampaju knjige na francuskom. Zato ne čudi što su neki recepti poreklom iz Francuske ukorenjeni i u argentinsku gastronomiju.

The creme brûlé is a dessert of French tradition that has become universal, in Argentina it is common to prepare it with dulce de leche. Here we will see it as a variation of creme brûlé. Argentina has received French immigration at different times and French culture has permeated the Argentine culture. Such was the case that during the Second World War, during the German occupation of France, some French publishers moved to Buenos Aires to continue publishing French books. That is why it is not surprising to find dishes originating in France rooted in Argentine gastronomy.

Sastojci / Ingredients:

- ½ litra slatke pavlake (crème double) / 500 ml. of double cream
- 150 ml mlečnog karamela (slatkog od mleka) / 150 ml. of dulce de leche
- 5 žumanaca / 5 egg yolks
- 80 g šećera od šećerne trske / 80 gr. of cane sugar
- 100 g šećera za karamelizovanje / 100 gr. of sugar to caramelize

Priprema / Preparation:

1. U šerpi zagrejati pavlaku i mlečni karamel dok ne provri, skloniti s vatre i ostaviti sa strane da se ohladi.

In a saucepan, preheat the double cream and the dulce de leche until they boil. Remove from the heat and set aside to cool.

2. Zagrejati rernu na 150 stepeni. U dublju posudu staviti 5 žumanaca, 50 g šećera od šećerne trske i mešati električnim

mikserom, dok se dobro ne sjedini i smeša ne postane penasta.
Preheat the oven to 150° C. In a bowl, put the 5 egg yolks and 50 gr of sugar and mix with an electric mixer, until it is pale and foamy.

3. Sve lagano promešati drvenom lopaticom. Sipati smešu u 6 malih posebnih formi za brule ili ramekin posudice od 9 cm i staviti ih u dublji pleh ili tepsiju u koju ste nalili vodu. Paziti da nivo vode ne pređe polovinu modlica sa smešom. Staviti u rernu i peći 35 do 45 minuta ili dok smeša ne postane čvrsta.

Mix everything gently with a wooden spatula. Put the mixture in 6 individual pots and place them in bain-marie up to the level of half of those pots. Place in the oven and cook between 35 and 45 min or until the preparation hardens.

4. Izvaditi modlice iz pleha s vodom i hladiti jedan sat na sobnoj temperaturi. Prekriti providnom folijom i ostaviti da odstoje u frižideru 5 sati.

Remove the pots from the bain-marie and let them cool at room temperature for 1 hour. Cover them with plastic wrap and leave them in the refrigerator for 5 hours.

5. Izvaditi iz frižidera i posuti šećerom, očistiti ivicu posudica. Gorionikom topiti šećer dok se ne karamelizuje. Poslužiti.

Take them out of the refrigerator and sprinkle them with sugar, cleaning the edge of the pots. With a burner melt the sugar until caramelized. Serve.

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend

2. Sladoled s mlečnim karamelom /

Dulce de leche ice cream

Već smo govorili o sladoledima na početku ovog poglavlja, ali sladoled od mlečnog karamela zavreduje posebnu pažnju. Omiljen je među

Argentincima i svaka sladoledžinica služi ga na različite načine: samog, sa čipsom od čokolade, sa svežim mlečnim karamelom, sa bananom (tradicionalno jelo za decu je banana prelivena mlečnim karamelom), sa slatkim keksićima, kao sladoled na štapiću preliven čokoladom, itd. Kao što smo napomenuli, kvalitet mleka je veoma važan. Neke sladoledžinice koriste mleko krava rase džerzej (Jersey) koje je vrlo bogato masnoćom. Takav sladoled sa mlečnim karamelom ističe se svojom kremastošću.

We already referred to ice creams at the beginning of this chapter, but dulce de leche ice cream deserves particular attention. It is the favorite of Argentines and it is found in all ice cream parlors in different forms, alone, mixed with chocolate chips, with fresh dulce de leche, with banana (a very traditional dish for the kids is a banana covered with dulce de leche), with sweet cookies, on chocolate covered popsicle sticks, etc. As mentioned, the quality of the milk is very important, there is even an ice cream parlor that uses milk from Jersey cows, from their own farm, very rich in fat. Its dulce de leche ice cream is distinguished by its unctuousness.

Sastojci / Ingredients:

- 500 ml mleka / 500 ml of milk
- 200 ml slatke pavlake (crème double) / 200 ml of double cream
- 400 g mlečnog karamela (slatkog od mleka) / 400 gr. of dulce de leche
- 6 žumanceta / 6 egg yolks
- 150 g šećera / 150 gr. of sugar

Priprema / Recipe:

1. U šerpi zagrejati mleko, pavlaku i mlečni karamel. Kad počne da vri, skinuti sa vatre. Mikserom ili u multipraktiku umutiti mlečni karamel krem i pavlaku s mlekom. Ostaviti sa strane.

In a saucepan, preheat the milk, the double cream and the dulce de leche, when it starts to boil, remove it from the heat. With a mixer/blender, dissolve the dulce de leche and the double cream with the milk. Lay aside.

2. U činiju staviti 6 žumanaca i šećer, i električnim mikserom mešati dok se masa potpuno ne sjedini i ne postane penasta.

Lagano u činiju sipati mleko, pavlaku i mlečni karamel.

In a bowl, put the 6 yolks with the sugar and with the electric mixer mix until the dough becomes pale and foamy. Gently pour the mixture of milk, cream and dulce de leche into bowl.

3. Sve pomešati i ponovo sipati u šerpu, kuvati na tihoj vatri, i stalno mešati. Kuvati dok smeša ne počne da se zgušnjava, ali ne sme da provri. Smešu ostaviti da se ohladi, prvo na sobnoj temperaturi, a onda i u frižideru (1.5 sat).

Mix everything and put it back in the saucepan, over low heat, stirring constantly, cook the dough until it begins to harden, do not let it boil though. Let the dough cool first to room temperature and then put in the refrigerator (1 ½ hours).

4. Staviti praznu činiju u zamrzivač. Izvaditi smešu iz frižidera, staviti je u aparat za pravljenje sladoleda, dok se ne postigne čvrstina sladoleda. Tada masu sipati u ohlađenu posudu. Ostaviti u zamrzivaču još 6 sati. Poslužiti.

Put the empty bowl in the freezer. Take the dough out of the refrigerator, put it in the ice cream maker until it has the consistency of an ice cream. At that time, pour it into a frosted bowl. Store in the freezer for 6 more hours. Serve.

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend

3. Flan s mlečnim karamelom / Dulce de leche creme caramel

Flan je tradicionalni slatkiš u južnoj Evropi, a u Argentinu je verovatno stigao sa španskim imigrantima i danas ga ima u svim restoranima. Kad naručite, pitaće vas da li ga želite sa mlečnim karamel kremom ili s kremom Šantili, ili sa oba, pošto se, da ponovimo, mlečni karamel odlično

uklapa s drugim proizvodima. Neko se u Argentini u nekom trenutku dosetio da doda mlečni karamel prilikom pravljenja flana i tako je nastao ovaj izuzetni desert koji možemo sresti kod svakog ljubitelja kuvanja.

Flan is a very traditional dessert from Southern Europe, it probably came to Argentina with Spanish immigration and today it is found in all restaurants. However, when ordering it, you will be asked if you want it with dulce de leche or with Chantilly cream or with both, as once again it must be said that dulce de leche has a good pairing with other products. Someone, in Argentina, at some point though about adding dulce de leche when preparing a flan mixture. Thus, this exquisite dessert was born, which is within the reach of any cuisine lover.

Sastojci / Ingredients:

- 450 ml mleka / 450 ml. of milk
- 5 celih jaja / 5 whole eggs
- 1 žumance / 1 yolk
- 300 g šećera / 300 gr. of sugar
- ekstrakt vanile / Vanilla essence
- 300 g mlečnog karamela ili slatkog od mleka (dulce de leche) / 300 gr. of dulce de leche

Priprema / Recipe:

1. U šerpi zagrejati mleko, mlečni karamel i ekstrakt vanile. Kad počne da vri, skinuti sa vatre.

In a saucepan, preheat the milk, the dulce de leche and the vanilla essence. Remove from heat when it starts to boil.

2. U istoj šerpi umutiti štapnim mikserom mlečni karamel krem. Kašikom skinuti mehuriće s površine.

In the same saucepan, dissolve the dulce de leche with a hand blender. Remove the bubbles off the surface with a spoon.

3. U dubljoj činiji pomešati jaja i žumance, sipati tu smešu i lagano pomešati dok se ne dobije ujednačena masa. Ponovo skinuti mehuriće s površine.

In a bowl, mix the eggs and the egg yolk, pour the dough and mix gently until you get a more compact version. Remove bubbles from the surface again.

4. U manjoj šerpi napraviti karamel od šećera. Sipati topli karamel u kalup za flan, sačekati 1 minut i onda preko njega u isti kalup sipati masu s jajima.

In a small saucepan, prepare the caramel with the sugar. Pour the hot caramel into a flan mold, wait 1 min and pour the dough into the mold.

5. Zagrejati rernu na 150 stepeni i peći flan u velikom plehu ili tepsiji koja je do pola napunjena vodom, između 40 i 50 minuta ili dok se flan ne stvrdne.

Preheat the oven to 150°C and cook the flan in a bain-marie in a large bowl between 40 and 50 min or until the moment the flan hardens.

6. Izvaditi iz rerne, ostaviti da se ohladi na sobnoj temperaturi i onda staviti da odstoji u frižideru šest sati. Pažljivo nožem izvaditi flan iz kalupa. Poslužiti.

Remove from the oven, let it cool at room temperature and place in the refrigerator for 6 hours. With the edge of a knife, unmold the flan. Serve.

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

4. Linzer frola / Linzer frola

Linzer frola je kombinacija smeše za austrijsku Linzer tortu i kitnikeza (sira od dunja). Veoma je česta u Španiji i Argentini i koristi se za pašta frolu, tipičan argentinski kolač italijanskog porekla.

The linzer frola is a mixture of the Austrian Linzer Torte dough, with the dulce de membrillo (quince jam), very common in Spain and Argentina,

used in the *pasta frola*, typical Argentine cake of Italian origin. At one time in history, Spain, Austria, part of Serbia and Argentina, and most of the America's, were part of the same Empire.

Sastojci / Ingredients:

- 150 g maslaca / 150 gr. of butter
- 150 g brašna / 150 gr. of flour
- 150 g mlevenih badema / 150 gr. of ground almonds
- 1 prstohvat cimeta / 1 pinch of cinnamon
- 1 karanfilić / 1 clove
- ½ limuna, sok i rendana kora / ½ lemon, juice and grated peel
- 200 g kitnikeza (sira od dunja) / 200 gr. of dulce de membrillo (quince jam)
- 1 žumance / 1 egg yolk
- 1 modla za kolač prečnika 20 cm / 1 cake pan (for 20 cm cake)

Priprema / Recipe:

1. Iseći maslac na komadiće, sobne temperature. Umešati rukom maslac, brašno i mlevene bademe, dodati cimet, limun i karanfilić istucan u avanu. Ostaviti smešu da odstoji 10 minuta uvijena u providnu foliju.

Cut the butter into small pieces, at room temperature. Mix the butter, flour, ground almonds with your hands and add the cinnamon, lemon and ground cloves in a mortar to grind. Let the dough rest for 10 min, wrapped in plastic wrap.

2. Dve trećine smeše staviti u namaščen kalup. Preko toga staviti kitnikez. Take two thirds of the dough and place it in the buttered mold. Cover with dulce de membrillo (quince jam).

3. Preostalu trećinu testa razviti i iseći trake širine 1,5 cm i debeline 3 mm i njih postaviti unakrst preko smeše sa kitnikezom. Smešu na kraju premazati žumancetom.

With the remaining third of the dough, stretch it and prepare strips of 1.5 cm wide and 3 mm thick and cover in a grid the mold with the

quince. Paint the dough with the egg yolk.

4. Zagrejati rernu na 150 stepeni, ubaciti kalup i peći otprilike 20 minuta. Kad porumeni, izvaditi i ostaviti da se ohladi. Pre posluživanja najbolje je da odstoji na hladnom mestu 24 do 48 sata. *Preheat the oven to 150°C, put in the mold and cook for approximately 20 min. Once the dough is golden, remove and let it cool. It is recommended to keep it in a cool place for 24 or 48 hours before being consumed.*

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

5. Sir od dunja (kitnikez) / Dulce de membrillo (quince cheese)

Sir od dunja ili kitnikez smatra se poslasticom bogova jer je za stare Grke dunja predstavljala voćku ljubavi i plodnosti. Stablo dunje bilo je posvećeno Afroditi, boginji ljubavi. U Argentinu ovu biljku donose Španci koju su je pak nasledili od Rimljana i Grka. Sefardska kuhinja je u XII veku doprinela njenoj popularnosti. U Argentini se pravi „žuti sir od dunje iz San Huana“ koji je 2016. godine dobio oznaku D.O.C. (Oznaka kontrolisanog porekla).

Quince cheese is considered a delicacy of the gods as for the ancient Greeks, quince was the fruit of love and fertility. The quince tree was consecrated to Aphrodite, the goddess of love. It comes to Argentina from the hand of the Spaniards who had inherited it from the Romans and Greeks. Sephardic cuisine popularized it in the 12th century. In Argentina, a "sweet yellow quince" is produced and has obtained the D.O.C. (Denomination of Controlled Origin), in 2016.

Sastojci / Ingredients:

- 6 velikih dunja / 6 large quinces
- 1 kg šećera / 1 kg. of sugar

Priprema / Recipe:

1. Dunje staviti u šerpu i kuvati 20 minuta. Oljuštiti smekšale dunje, izvaditi semenke i čvrsti deo, i u činiji iseći na manje komade. Masa se može umutiti štapnim mikserom i u nju se doda jednaka količina šećera.

Place the quinces in a saucepan and boil them for 20 min. In a bowl, peel the warm quinces and cut them into small pieces and remove the seeds and the hard part. It is possible with a hand processor to process the dough to which the same weight of sugar is added.

2. Smeša se stavi u šerpu i kuva otplikle 1 i po sat, uz često mešanje. Kad smeša potamni i počne da se zgušnjava, treba je neprestano mešati. Kad se lopaticom lako odvaja od zidova šerpe i kad zadobije tamnu boju, kitnikez je spreman.

Place the dough in a saucepan, stirring every so often, for approximately 1 hour and a half. As the dough darkens and hardens, it should be stirred constantly. When it peels off easily with the spatula, from the sides of the pan and has a dark color, the candy is ready.

3. Kitnikez sipati u plastičnu modlu ili kalup za kolač i ostaviti da se hlađi otplikle 2 sata pre nego što se izvadi iz modli.

Place the sweet in a plastic or pudding mold and let it cool for about 2 hours before unmolding.

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc



6. Desert od sira i kitnikeza „vigilante“ / Vigilante dessert

Za poslasticu koja se naziva i „stražar“ (vigilante) vezana je posebna priča. Nekada su policajci ili stražari uvek patrolirali po istom kraju. Mešani bi onima koji su bili u noćnoj smeni poslužili nešto za jelo. Tako je nastao desert „stražar“, koji je ukusan i lako se sprema, jer u svakoj kući ima sira i sira od dunje ili slatkog krompira. Ko ga je probao, zna da se uz njega lakše podnese patroliranje noću i po hladnoći.

The vigilante dessert has its own legend. In the past, the policemen or "vigilantes" always made their rounds in the same neighborhood. Neighbors offered something to eat to those who were on the night watch. That's where the vigilante dessert was born, easy to prepare and tasty, because in every house there is dulce de membrillo (quince cheese) and cheese. Anyone that has tried it, knows that it is enough to pass a cold night watch.

Sastojci / Ingredients:

- ½ kg sira od dunja (kitnikeza) ili sira od batate (slatkog krompira) / 500 gr. of dulce de membrillo (quince cheese)
- ½ kg polutvrdog sira, tipa fontine ili gaude / 500 gr. of semi-hard cheese (fontina or gouda type)

Priprema / Recipe:

1. Iseći režanj kitnikeza i režanj sira, debljine 7 mm.
Cut a slice of quince cheese and a slice of cheese, 7 mm each.

2. Staviti na desertni tanjur režanj sira i preko njega režanj kitnikeza. Poslužiti.
Place, on dessert plates, the slice of cheese and cover it with the slice of the jam. Serve.

Preporučena vina: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc

Recommended wines: Catena Zapata Sauvignon Blanc, Chakana Nuna Estate White Blend, Trapiche Sauvignon Blanc



5. SAVETI I JOŠ PONEŠTO

Others and tips

U ovom delu knjige predstavićemo izbor tipičnih argentinskih jela ili pića. Neka od njih predstavljaju sastojke iz jela koja smo već opisali, poput mlečnog karamela, a neka druga, poput empanada, mogu da budu predjelo ili čak glavno jelo. Napic mate, klerikot i fernet-kola popularna su argentinska pića.

In this section of the book, we will provide a selection of recipes for typically Argentine dishes or drinks. Some of them are inputs of dishes that we have already seen, such as dulce de leche and others, such as empanadas, can also be a starter or, eventually, a main course. Mate, Clericot and Fernet Cola are popular Argentine drinks.

1. Klerikot / Clericot

Klerikot je tipično argentinsko osvežavajuće voćno alkoholno piće, koje se pije tokom leta. Pravi se od belog vina i voća. Kažu da je najbolje kad se koristi belo vino sorte torontes sa severozapada Argentine. Reč je o vinu koje se obično gaji na većim nadmorskim visinama, iznad 1700 metara, velikog kvaliteta i karakterističnog ukusa. Klerikot se obično pije u dvorištima ili u barovima s pogledom na more. Zbog slasnog ukusa nemoguće mu je odoleti.

Clericot is a typical Argentine drink made out of fruit and alcohol, which is drunk during the summer. It is based on white wine and fruit. It is said that it is better when using the white wine called Torrontés from the Northwest of Argentina. This wine is generally produced at a high altitude, above 1,700 meters, of great quality and a very characteristic flavor. Clericot is usually drunk in the gardens or in bars by the sea. Its particular sweetness makes it addictive.

Sastojci / Ingredients:

- 1 litar belog vina, najbolje torontesa / 1 liter of white wine (preferably Torrontés)
- 1 banana / 1 banana
- 1 jabuka / 1 apple
- 1 pomorandža / 1 orange
- 1 šljiva / 1 plum
- 1 kruška / 1 pear
- 2 jagode / 2 strawberries
- 100 g šećera od šećerne trske / 100 gr. of cane sugar
- led / ice
- 1 bokal od 2 litra / 1 jug of 2 liters

Priprema / Recipe:

1. Voće se iseče na kolutiće i stavi se u veliki bokal zapremine dva litra. U to se sipaju belo vino i šećer. Promeša se i ostavi u frižideru na dva sata.

The fruit is cut into small slices and placed in a large two-liter jug, pouring in the white wine and sugar. Stir and store in the refrigerator for about 2 hours.

2. Pre nego što se posluži, dobro se promeša i doda se led. Zgodno je imati još jednu flašu dobro ohlađenog belog vina u frižideru, jer će sigurno biti potrebno dopunjavati bokal.

When serving, stir well and add the ice. It is convenient to have another bottle of cold white wine in the refrigerator, since it will surely be required to refill the jug.

2. Fernet-kola / Fernet cola

Fernet je alkoholno piće lekovitih svojstava, italijanskog porekla, koje je u Argentinu stiglo u XIX veku, kad je otvorena i jedina fabrika van Italije. Nešto skorije, 1980-tih, u Kordobi, centralnoj provinciji Argentine, postalo je popularno kod mladih, a mešali su ga s kolom. Od tada je u modi među mladima i omiljeno je piće Argentinaca.

Fernet is an alcoholic medicinal beverage of Italian origin that arrived to Argentina in the 19th Century and installed the only factory outside of Italy there. Much closer in time, in 1980, in the central Argentine province of Córdoba, it became popular as a drink among young people, mixing it with a cola drinks. Ever since it has greatly impacted all the range from young to older, becoming Argentine's favorite.

Sastojci / Ingredients:

- 500 ml ferneta / 500 ml. of Fernet
- 2 litra kole / 2 liters of Cola
- led / ice

Priprema / Recipe:

Poslužiti fernet u visokoj čaši, s ledom. Polako sipati kolu, zbog pene, dok ne postignete željenu mešavinu slasti i gorčine.

Serve the Fernet in a tall glass with the ice. Pour the cola drink, slowly because it might overflow because of the gas, until you find the desired mixture of sweetness and bitterness.

3. „Podmornica“ / *The submarine*

To je brz i lak način da popijete toplu čokoladu. U pitanju je izmenjena verzija španske tradicije pijenja tople čokolade. Valja podsetiti da su se čokolada i kakao u Centralnoj Americi koristili mnogo pre dolaska konkistadora. „Podmornica“ je uobičajena u barovima u Argentini. Obično vam donesu odvojeno čašu s vrućim mlekom i štangle čokolade i gost sam sebi pripremi piće.

It's a quick and easy way to have a hot cup of chocolate. It is a modification of a Spanish tradition of the chocolate cup. It is important to remember that chocolate and cocoa were consumed in Central America well before the arrival of the Conquerors. The Submarino is common in Argentine bars. In general, the glass of hot milk and the chocolate bar are brought to you separately and you prepare the drink.

Priprema / Recipe:

U čašu vrućeg mleka staviti štangle čokolade, dodati šećer po ukusu, i promešati dok je još vruće. Poslužiti.

In a glass of very hot milk put a drop a chocolate bar, add sugar and stir immediately for it to melt. Serve

4. Meze / *Picada*

U Argentini, isto kao u Srbiji, postoji običaj da se mezeti pre jela. Tu tradiciju su doneli evropski imigranti, kao i običaj dugog pečenja mesa, kada treba „zavarati“ glad.

In Argentina, as in Serbia, there is the custom of the Picada, as we call it, before a meal. The tradition comes from European immigration, but also from the custom of long asados, where the stomach must be deceived.

Sastojci / Ingredients:

1. Suhomesnati proizvodi su različiti i mogu biti bareni, sveži, suvi,

prerađeni. Jedan moguć i uobičajen spisak mezetluka mogao bi da bude sledeći:

Called chacinados (sausages and cold cuts) there are a large number of types, cooked, raw, dry, moist. A possible and common list for our finger food might have the following:

- Kuvana šunka / Cooked/ boiled ham
- Sirova šunka / Raw (prosciutto style) ham
- Sušena šunka (iberijska šunka ili „hamon serano“) / Serrano ham
- Tanko sečena salama / Finely chopped salami
- Deblje sečena salama / Coarsely chopped salami
- Salama „soppressata“ / Soppressata (Italian style dry salami)
- Kobasica longanisa / Longaniza sausage
- Dimljena pečenica / Smoked loin
- Leberbush / Leberbush
- Bondiola (vrsta buđole) / Bondiola pork
- Mortadela / Mortadella sausage
- Kobasica „Cantimpalo“ / Cantimpalo chorizo
- Krvavica / Black pudding
- Suva kobasica „salčićon“ / Salchichón sausage

2. Postoji više od 150 vrsta različitih sireva, što tvrdih, polutvrdih, polumekih, mekih, kremastih. Za meze se mogu odabratи sledeći:

There are more than 150 different types of cheese, from hard, to semi-hard, semi-soft, soft, and creamy. For our finger food we would choose between:

- Sir tipa gauda / Gouda type,
- Sir tipa fontine / Fontina,
- Sir tipa plavog sira / Blue,
- Sir tipa provolonea / Provolone type
- Sir tipa mocarele / Mozzarella type
- Sir tipa parmezana u ulju / Parmesan type
- Sir tipa kamembera / Camembert type
- Sir tipa brija / Brie type

3. Ostali delovi mezea / Other ingredients:

- Paštete ili paste od paradajza, maslina, patlidžana, paprike / *Pate, tomato paste, olive paste, eggplant, peppers*
- Zelene masline i masline punjene paprikom / *Olives and Pepper Stuffed Green Olives*
- Srce artičoke u maslinovom ulju / *Artichoke hearts in olive oil*
- Slani kikiriki / *Salty peanut*

Priprema / Recipe:

Pravi se kombinacija nekih od prethodno navedenih sastojaka, obično vodeći računa o tome što je potom predviđeno za sam obrok.
Some of above mentioned ingredients tend to be combined; generally taking into account what is intended for the rest of the food.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec
Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

5. Ćimićuri / Chimichurri

Ovo je tipični argentinski sos koji se služi uz pečeno meso. Mnogo je priča, verovatno izmišljenih, o poreklu ovog sosa. Jedna od njih glasi da je neki engleski inženjer, dok je radio na železnici u Argentini, tražio kari na svom pečenju. Inženjer se zvao Džimi Makleod. Spremili su mu sos koji su nazvali „džimi kari“, što je argentinskom uhu delovalo kao „ćimićuri“.

It is a typically Argentine sauce created for barbecue. There are several legends, possibly made up, about where its origins, one of them says that an English engineer working on the railways of Argentina, asked for a curry barbecue. The Engineer's name was Jimmy Mc Leod, and the sauce prepared for him was then named Jimmy Curry, that for Argentine ears, it derived into the word chimichurri.

Sastojci / Ingredients:

- 4 kašike suncokretovog ulja / 4 tablespoons of sunflower oil
- 1 šolja sirčeta od crnog vina / 1 cup of red wine vinegar
- 3 čena belog luka / 3 garlic cloves
- 4 kašike ljute aleve paprike / 4 tablespoons of hot pepper
- 1 kašičica crnog bibera / 1 teaspoon of black pepper
- 1 kašika origana / 1 tablespoon oregano
- 1 kašičica peršuna / 1 teaspoon of parsley
- dva lista lovora / 2 bay leaves
- 1 prstohvat soli / 1 pinch of salt
- 50 ml mlake vode / 50 ml. of warm water

Priprema / Recipe:

Staviti sve sastojke u staklenu teglu i zatvorenu teglu dobro protresti. Količinu soli prilagoditi vašem ukusu. Neka odstoji u frižideru najmanje 24 sata.

Combine all the ingredients in a glass jar, close the lid and mix well by shaking. Adjust the amount of salt to your taste. Store in the refrigerator for at least 24 hours.

6. Empanade / Empanadas

Argentinska empanada mogla bi se smatrati brzom hranom u argentinskoj kuhinji, ne zato što se lako ili brzo priprema, već zato što se može zalediti i potom iskoristiti u nekoj prikladnoj prilici. Empanade mogu predstavljati i celo jelo. U Argentini postoji više načina pripreme nadeva, zavisno od kraja u kom se empanade prave. Testo se može naći u svim supermarketima i prodaje se sveže u pakovanjima od 12 do 24 komada.

The Argentine empanada could be considered the "fast food" of Argentine cuisine, not because it is easy or quick to make, but because it can be frozen to be taken out in case of emergency. You can eat empanadas as a main course. In Argentina there are different ways to prepare the filling



and it depends on the province they come from. The dough is found in all supermarkets and comes fresh in packages of 12 or 24 units.

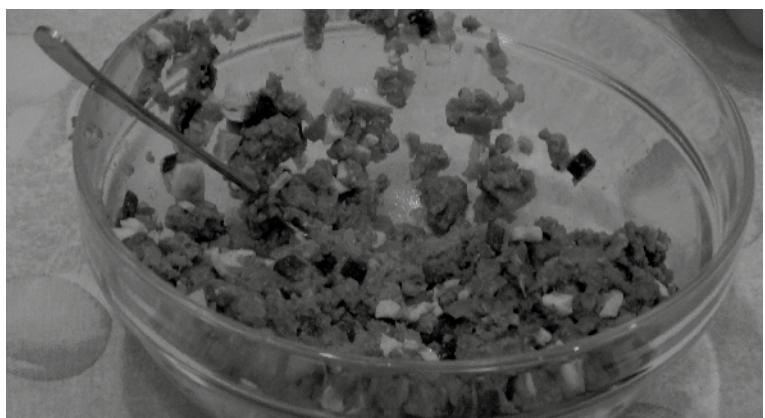
Sastojci / Ingredients:

Testo / Dough

- 100 g svinjske masti / 100 gr. of pork fat
- 250 ml mlake vode / 250 ml. of warm water
- ½ kg brašna tip 500 / 500 gr. of flour type 500
- so / Salt

Nadev / Filling

- 50 g svinjske masti / 50 gr. of pork fat
- ½ kg crnog luka / 500 gr. of onion
- 150 g papričice / 150 gr. of red pepper
- ½ kg mlevene govedine / 500 gr. of minced beef
- 100 g maslina / 100 gr. of olives
- 3 jajeta / 3 eggs
- so, biber i ljuta aleva paprika / Salt, pepper and spicy pepper
- 1 kašika slatke paprike / 1 tablespoon of sweet pepper
- ½ kašičice kumina / ½ teaspoon of cumin
- 100 g mladog luka, samo pera / 100 gr. of green onion, only the green branches.
- 1 jaje / 1 egg



Priprema / Recipe:

1. U dublju činiju staviti brašno, mast i so, polako dolivati mlaku vodu i rukama mešati sastojke da se smeša ujednači, sve dok ne postane glatka (otprilike između 5 i 10 minuta). Testo prekriven providnom folijom i ostaviti pola sata u frižideru.

In a bowl, put the flour, the fat, the salt and slowly pour the warm water. Mix with your hands to form a dough until it becomes elastic (approximately between 5 and 10 min). Cover the dough with plastic wrap and leave in the refrigerator for ½ hour.

2. U šerpi zagrejati mast, i na srednje jakoj vatri pržiti sitno iseckan crni luk, i iseckanu papričicu. Pržiti između 10 i 15 minuta ili dok luk ne smekša i ne postane staklast. Dodati mleveno meso, a može i sećeno, i peći još 15 minuta. Posle začiniti solju, biberom, kuminom i slatkom paprikom, i peći još 1 do 2 minuta.

In a saucepan, preheat the fat, fry the finely chopped onion and the cut red pepper at moderate temperature between 10 and 15 min or until the onion is soft and transparent. Add either minced meat, or meat you previously cut and cook for 15 more minutes. Then season with salt, pepper, cumin and sweet pepper; cook 1 or 2 more minutes.

3. Dodati tri kuvana jajeta sitno seckana na kvadratiće od 5 mm i sitno seckan mladi luk. Sve izmešati drvenom varjačom i ostaviti da se ohladi, a potom staviti u frižider.

Add 3 hard-boiled eggs cut into 5 mm squares and the green onion, also finely cut. Mix everything with a wooden spatula and let it cool and then put it in the refrigerator.

4. Oklagijom razviti testo debljine 2 do 3 mm i okruglim modlama vaditi krug za empanadu prečnika 10 do 12 cm.

With a rolling pin, make a disk with the dough 2 to 3 mm high and with a round mold cut what will be the exterior/covering of the empanadas into 10 to 12 cm diameter circles.

5. Rukama uzimati fil od mlevenog mesa, stavljati ga na krugove od testa i preklopiti. S malo vode ili jaja zlepiti ivice empanade, a potom pritisnuti ivice vrhom viljuške. Poredati empanade u pleh na papir za pečenje, premazati ih umućenim jajetom i peći u rerni zagrejanoj na 220 stepeni 8 do 10 minuta ili dok ne porumene.

With your hand take a piece of minced meat, put it on the dough circles and fold in half. With a little water or egg, "glue" the edges of the empanada and close them with a twist/pinch of a fork. Place the empanadas in a roasting pan on cooking paper, brush the empanadas with egg and cook them in a preheated oven at 220° C for 8 to 10 min or whenever they are golden brown.

Preporučena vina: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec

Recommended wines: Chakana Malbec, Chakana Nuna Estate Malbec, Catena Zapata Malbec, Trapiche Malbec Oak, Norton Malbec



7. Mlečni karamel (dulce de leche) / Dulce de leche

Mlečni karamel (slatko od mleka) uobičajeno je u svim zemljama koje imaju mleko i šećer. U zemljama južnog konusa u Južnoj Americi beleži se da je mlečni karamel krem postojao još u XVII veku. U Argentini postoji legenda koja kaže da je ovaj slatkiš izmišljen sasvim slučajno – kuvarica neke istorijske ličnosti iz prve polovine XIX veka grejala je mleko sa šećerom i zaboravila ga na vatri. Mlečni karamel je omiljeni slatkiš Argentinaca: koriste ga na hlebu kao slatki namaz, kao sastojak u desertima ili u sladoledima, što smo prethodno i pominjali.

Dulce de leche is common to all countries that have milk and sugar, in the southern region of South America there are records of the existence of dulce de leche dating back to the 17th Century. In Argentina, legend says that it was invented by chance when the cook of a well-known member of Buenos Aires of the first half of the 19th Century, who was making a hot mixture of milk and sugar. Beyond the legend, dulce de leche is the favorite dessert of Argentines, they simply put it on toast, or as an ingredient in desserts, or as we mentioned above in ice cream.

Sastojci / Ingredients:

- 600 g šećera / 600 gr. of sugar
- 2 litra punomasnog mleka / 2 lt of whole milk
- 2 prstohvata sode bikarbune / 2 pinches of baking soda (sodium bicarbonate)
- 2 kašike ekstrakta vanile / 2 tablespoon of vanilla essence

Priprema / Recipe:

U šerpi, na slaboj vatri, pomešati mleko sa šećerom i ekstraktom vanile. Ukuvati smešu uz stalno mešanje, dok se ne smanji na trećinu količine s početka kuvanja. Dodati sodu bikarbonu i nastaviti s ukuvavanjem dok masa ne potamni. Kad smeša dobije tamniju smeđu boju, skinuti s vatre. Još toplo sipati u staklene tegle i tako čuvati. Kad se tegla otvorii, držati je u frižideru.

In a saucepan, over low heat, mix the milk with the sugar and the vanilla essence. Reduce the mixture by stirring constantly until it decreases

down to 1/3 of the original at the beginning. Add the baking soda and continue reducing it until the mixture darkens and it becomes dark brown, then remove from the heat. While still hot, put it inside a glass jar and store. Once opened, save inside the refrigerator.

Kraći način pripreme / The shortcut

Uzeti konzervu slatkog kondenzovanog mleka i neotvorenu konzervu kuvati u šerpi na umerenoj vatri, između 3 i 4 sata. Pažljivo izvaditi konzervu iz šerpe i otvoriti je tek kada se potpuno ohladi.

A can of condensed milk and cook the closed can in a saucepan over a moderate heat, between 3 and 4 hours. Carefully remove the can from the saucepan and do not open it until it has cooled.

8. Marmelada od pomorandži / Orange marmalade

Kao što je Argentina veliki proizvođač limuna, tako je i generalno citrusnog voća, pomorandže su vrlo česte u argentinskim vrtovima i na gradskim ulicama. U regionu Mesopotamije ove obiluju u provincijama Entre Ríos, Corrientes, Misiones, ali i na severu provincije Buenos Aires i u Delti. Doneli su ih Španci početkom 15. veka. Snabdevanje svežim pomorandžama u Argentini je od sredine jeseni do proleća.

Just as Argentina is a great producer of lemons, it is a huge producer of citrus fruits in general, oranges are very common in Argentine gardens and also on city streets. In the Mesopotamia region, these abound in the Provinces of Entre Ríos, Corrientes, Misiones, but also in the north of the Province of Buenos Aires and in its Delta. They were brought by the Spanish at the beginning of the 15th Century. The supply of fresh oranges in Argentina goes from mid-autumn to spring.

Sastojci / Ingredients:

- 8 pomorandži / 8 oranges
- ½ limun / ½ lemon

- 1 kg šećera od trske / 1 kg. of cane sugar
- 1 karanfilić / 1 clove
- 5 ili 6 staklenih tegli od 300 gr kapaciteta / 5 or 6 glass jars of 300 gr. capacity
- 1 platnena vreća / 1 cloth bag

Priprema / Recipe:

1. Oljuštite pomorandže tako što ćete postupno povećati količinu beline u korama u zavisnosti od manje ili više gorko-slatke preferencije. Isecite kože na male trake širine 1 mm i dužine 5 ili 6 mm. Stavite seme na stranu.

Peel the oranges by graduating the amount of whiteness in the peels depending on more or less bittersweet preference. Cut the skins into small strips 1 mm wide by 5 or 6 mm long. Put the seeds aside.

2. Izvadite sok iz pomorandže i stavite ga u šerpu zajedno sa trakama kora. Stavite seme u platnenu vreću i potopite ga u šerpu. Zagrevati šerpu oko 40 min.

Take the juice out of the oranges and put it in a saucepan, together with the strips of the peels. Put the seeds in the cloth bag and immerse it in the saucepan. Heat the saucepan for about 40 min.

3. Sklonite šerpu sa vatre i pustite da se ohladi. U međuvremenu, uzmite platnenu vreću i trljajte ivicu noža da biste uklonili pektin. Stavite pektin u šerpu.

Remove the saucepan from the heat and let it cool. Meanwhile, take the cloth bag and rub the edge of a knife to remove the pectin. Put the pectin in the saucepan.

4. Jednom hladan, vratite sok u šerpu na vatru, ovoga puta dodajući šećer, karanfilić i $\frac{1}{2}$ limuna. Količina šećera se procenjuje sa količinom soka od pomorandže, približno 900 gr za 1 litar soka od pomorandže.

Once cold, put the juice back in the saucepan on the fire, this time adding the sugar, the cloves and $\frac{1}{2}$ lemon. The amount of sugar is graduated with that of orange juice, approximately 900 gr. for 1 liter of orange juice.

5. Zagrevajte marmeladu oko 1 sat, dok ne bude spremna.

Heat the marmalade for about 1 hour, until it is ready.

Napomena: Konzistentnost marmelade se vidi kada je vruća kroz mehuriće, ako su vrlo mali ili sa pločicom koja je prethodno stavljena u zamrzivač, izvadite je i stavite kašiku marmelade na tanjur ako se ivice ne spajaju, spremno je.

Note: The consistency of the jam can be seen when it is hot through the bubbles, if they are very small or with a plate that is previously placed in the freezer, remove it and put a spoonful of the jam on the plate and run your finger, if the edges do not join, it is ready.

6. Prethodno sterilisati tegle i poklopce kuvanjem duže od 5 min. Napunite tegle vrlo vrućom marmeladom do vrha, zatvorite poklopce i okrenite tegle naopako, ostavljajući ih da se odmaraju oko 10 minuta na pultu. Kada se tegla otvorи, čuvajte je u frižideru. Previously sterilize the jars and lids by boiling them for more than 5 min. Fill the jars with the very hot jam until the top, close the lids and turn the jars upside down, letting them rest for about 10 min on the counter. Once a jar is opened, store it in the refrigerator.





6. PRILOZI
Annexes

1. Vinogradarske regije u Argentini

/ Argentine wines and its regions

Vinogradarska područja, smeštena u prostranim dolinama ili ravnicama, čine pojas u podnožju Anda koji se proteže od severa ka jugu, od 23° do 45° stepena geografske širine. Poslednjih godina radoznali proizvođači pomerili su visinsku granicu uzgoja vina ka zapadu, ali i ka jugu i istoku, u potrazi za hladnoćom južne geografske širine ili za uticajem okeana. Tako argentinska vina nude beskonačan izbor ukusa koji oslikava odlike svakog regiona.

Located in wide valleys or on sloping plains, the wine regions form a strip at the foot of the Andes mountain range that extends from north to south from 23° to 45° latitude. In recent years, restless producers have pushed the frontier of wine to the west, in the altitude, and to the south and east, seeking the cold of the southern latitudes or the influence of the ocean. In this way, Argentine wines offer an endless range of flavors that reflect the identity of each region.

Regija Kujo (Cuyo). Na jeziku starosedelačkog naroda uarpermilkajak koji je ove krajeve nastanjivao pre dolaska kolonizatora, to ime znači „zemlja pustinja“. To je suvo i plodno područje smešteno u centralno-zapadnom delu zemlje, u podnožju Anda. Obuhvata provincije La Rioha, San Juan i Mendoza. Uz 188.028,7 hektara pod vinogradima, Kujo predstavlja 95% ukupne vinogradarske površine u zemlji. To ovu regiju, uz vinogradarsko nasleđe i visok nivo razvijenosti industrije, čini najplodnijom regijom u Južnoj Americi i jednom od najvažnijih u svetu. U Kuju je izuzetno primetan raznolik karakter argentinskog vinogradarstva.

Cuyo region, means "country of deserts" in the Huarpe Millcayac language of the original peoples who inhabited this area, prior to the arrival of the colonizers. An arid and fertile region located in the central west of the country, at the foot of the Andes mountain range, which includes the provinces of La Rioja, San Juan and Mendoza. With 188,028.7 hectares of vineyards, Cuyo concentrates 95% of the total planted area in the country that, added to the wine heritage and the high degree of development achieved by the industry, make it the most prolific region in South America and one of the most important in the world. It is in Cuyo where the diverse character of Argentine viticulture is most clearly evident.

Preovlađuju sorte bonarda, kaberne sovinjon, malbek i sira.
Bonarda, Cabernet Sauvignon, Malbec and Syrah predominate.

Severozapadna regija. Ova vinogradarska oblast nalazi se na krajnjem severu zemlje, na 23° južne geografske širine, i obuhvata blizu 6.000 ha zasađene površine raspoređene u dolinama Kalćakjes, na severozapadu provincija Salta, Katamarca i Tukuman, i dolinama Huhuja (doline Templados i Kebrada de Umuauaka), gde se beleži najviša tačka argentinskog vinogradarstva. U mestu Ukija (Huhuj), vinograd na rudniku Moja nalazi se na 3.329 metara iznad nivoa mora, što ga čini najvišim vinogradom na svetu. Uz vinogradarsku tradiciju koja potiče iz XVIII veka, u dolinama Kalćakjes ova kultura raste na visinama koje se kreću od 1.550 do 3.111 metara. Mesto Kafajate (Salta) ističe se kao glavni proizvodni centar u toj zoni, sa 60% površina pod vinogradima.

Northwestern region, in the extreme north of the country, at 23° south latitude, the wine-growing area comprises about 6,000 cultivated hectares distributed between the Calchaquíes Valleys, northwest of the Salta, Catamarca and Tucumán provinces, and the Jujuy valleys (Valleys Templados and Quebrada de Humahuaca), where the highest point of Argentine viticulture is recorded. In the town of Uquia (Jujuy), a vineyard located on the Moya mine reaches 3,329 meters above sea level, making it the highest vineyard in the world. With a winemaking tradition dating back to the 18th century, the Calchaquí Valleys have high altitude crops ranging from 1,550 to 3,111 meters. The town of Cafayate (Salta) stands out as the main producing center in the area with 60% of the vineyard area.

Preovlađuju sorte bonarda, kaberne sovinjon, malbek, sira i torontes. *The Bonarda, Cabernet Sauvignon, Malbec, Syrah and Torrontés predominate.*

Regije Patagonije i Atlantika. Velika nenastanjena prostranstva na jugu teritorije, obrubljena nižim šumovitim planinama, grupa rajskeh jezera na zapadu, i obale Atlantika na istoku, daju život Patagoniji. Obradene površine dostižu 3.783,60 hektara, što predstavlja blizu 2% ukupnih zasada u Argentini.

Patagonia and Atlantic region, vast desolate expanses in the south of the territory, flanked by low and forested mountains, and a circuit of paradisiacal lakes in the west, and the Atlantic coasts to the east, give life to Patagonia. The cultivated area reaches 3,783.60 hectares, which represents about 2% of the total planted in Argentina.

Vinogradarska aktivnost u severnoj regiji smeštena je u slivovima i na obalama glavnih reka, koje u velikoj meri utiču na karakteristike

podneblja ili na terroir vina, a obuhvata i velike oaze na jugozapadu provincije La Pampa, na istoku Neukena i na severu Río Negro, sve do ušća te reke u Argentinsko more. Tokom poslednjih godina, radoznačni proizvođači pomerili su granicu uzgoja vina ka jugu, dalje od 45. uporednika u Čubutu, kao i ka istoku, svojim novim poduhvatima u Buenos Ajresu (Čapadmalal).

Wine-growing activity in the northern region is based on the basins and banks of the main rivers, which exert great influence on the terroir, and includes various oases to the southwest of the province of La Pampa, east of Neuquén and north of Río Negro, up to the mouth of the river in the Argentine Sea. In recent years, restless producers have pushed the wine frontier south, beyond the 45° parallel in Chubut, and east with new projects in Buenos Aires (Chapadmalal).

Preovlađuju sorte kaberne sovinjon, šardone, malbek, merlo i pino noar. Cabernet Sauvignon, Chardonnay, Malbec, Merlot and Pinot Noir predominate.

Osim već pomenutih, najčešćih sorti, gaje se i kaberne frank, tempraniljo, rizling, pino gris i gevurctraminer.

In addition to the strains already mentioned and which predominate, Cabernet Franc, Tempranillo, Riesling, Pinot Gris and Gewurztraminer are also cultivated.

2. Mate / Yerba mate

Biljka mate (*Ilex paraguariensis*) porekлом je iz subtropskih prašuma Argentine, Paragvaja i Brazila. Posle procesa obrade, lišće ove biljke kao napitak svakodnevno koriste milioni ljudi. Osim toga, mate je bio veoma značajan u istoriji Južne Amerike jer su ga tri veka koristili kao platežno sredstvo. Iz tog razloga je autohtonim narod gvarani, uz podršku jezuita, dobio status „pod zaštitom kralja“, postali su vazali i bili oslobođeni sistema „enkomijendi“ (španska kruna je kolonistima u Americi obezbedila pravo da zahtevaju namete od stanovnika tih krajeva, kao i da im oni budu prisilna radna snaga).

*Yerba Mate (*Ilex paraguariensis*) is a native tree from the subtropical*

rainforest of Argentina, Paraguay and Brazil. After processing the leaves, they are consumed as an infusion by millions of people every day. Apart from that, yerba mate was very significant in South American history for three centuries because it was used as currency. For this reason the indigenous Guarani, with the Jesuit support, were placed “under the hand of the King” turning them into vassals free from the system of Encomiendas (grant by the Spanish Crown to a colonist in America, conferring the right to demand tribute and forced labour from the inhabitants of an area).

Proizvodnja biljke mate može se opisati u šest koraka: branje, sušenje, kontrola kvaliteta, mlevenje i pakovanje. Proces je 100% prirođen jer obuhvata samo topotlu, vreme i mlevenje.

The production process of the Yerba Mate can be described in six steps: harvest, drying, seasoning, quality control, milling and packaging. It is a 100% natural process because it only involves heat, time and milling.

Svojstva i dobrobiti biljke mate:

Properties and benefits of Yerba Mate:

Moćan je antioksidans, zahvaljujući velikoj koncentraciji polifenola. Zauzima važno mesto među prirodnim elementima koji sadrže antioksidanse.

It is a powerful antioxidant, due to its high concentration of polyphenols. It is ranked in a very privileged position among natural elements carrying antioxidants.

Izvor je vitamina B-grupe, ključnih za telesne funkcije poput proizvodnje energije i crvenih krvnih zrnaca.

It is a source of B-Group Vitamins, essential for body functions such as energy and red blood cells production.

Izvor je minerala poput kalijuma, koji omogućava pravilan rad srca, i magnezijuma, koji omogućava organizmu da iskoristi proteine.

It is a source of Minerals, like Potassium for the correct function of the heart, and Magnesium which helps the body to incorporate protein.

Daje energiju, jer matein, supstanca slična kafeinu, prirodno stimuliše centralni nervni sistem, podstiče mentalnu aktivnost, povećava nivo energije i koncentracije.

It has energizing effects, Matein, a substance similar to caffeine, is a

natural stimulator for the central nervous system, promoting mental activity, increasing energy levels and concentration.

Može se pripremiti sa kesicama čaja ili šakom biljke mate u aparatu za filter-kafu ili u francuskoj presi (French Press). Najpopularniji način pijenja je tradicionalni topli mate, koji se piće s toplom vodom, kroz metalnu cevčicu (bombilju), iz šuplje posude (po imenu mate) napunjene biljkom mate; ili kao ledeni mate – osvežavajući napitak koji se priprema kao čaj, a služi se sam ili pomešan sa voćnim sokom, a takođe i kao tradicionalni „terere“ – hladni mate pripremljen s hladnom vodom ili voćnim sokom.

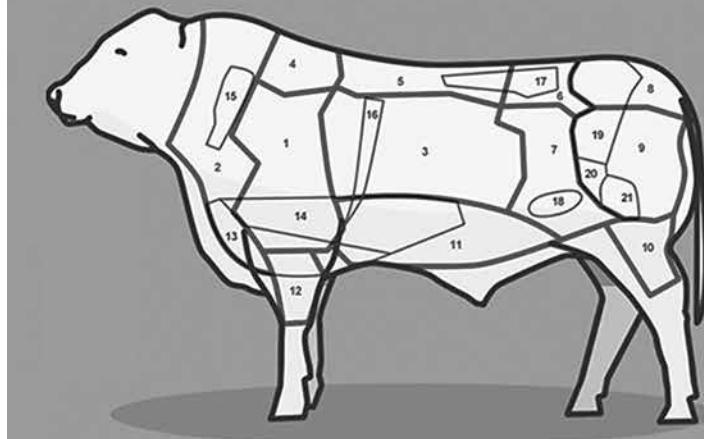
It can be prepared with tea bags or a handful of Yerba Mate with filter coffee machine or French Press; the most popular way of consuming is the traditional hot mate, it is drunk with hot water, a bombilla (metal straw) and a mate (a hollow gourd) filled with Yerba Mate; as an iced Yerba Mate tea, a refreshing beverage, prepared like the tea, and served alone or mixed with fruit juice; or the traditional Tereré, a cold Mate prepared with cold water or fruit juice.

Argentina mate izvozi u Južnu Ameriku, Severnu Ameriku, Evropu (u Španiju, Italiju, Francusku, Nemačku i Rusiju), na Srednji istok (u Siriju, Liban i Izrael) i u Aziju (u Južnu Koreju i Kinu).

Yerba mate is exported by Argentina in South America, North America, Europe (Spain, Italy, France, Germany, and Russia), Middle East (Syria, Lebanon and Israel) and Asia (South Korea, and China).



3. Ilustracija tranžiranja govedđeg mesa u Argentini / Illustration of beef cuts in Argentina



- | | |
|---------------------|-----------------------|
| 1. Paleta | 12. Ossobuco |
| 2. Azotillo | 13. Tapa de asado |
| 3. Asado | 14. Falda |
| 4 . Bife ancho | 15. Palomita |
| 5. Bife de costilla | 16. Entraña |
| 6. Bife con lomo | 17. Lomo |
| 7. Vacío | 18. Bife de vacío |
| 8. Cuadril | 19. Tapa de cuadril |
| 9. Nalga | 20. Colita de cuadril |
| 10. Garrón | 21. Bola de lomo |
| 11. Matambre | |

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